The Book of Household Management

By

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CHAPTER XIV.—General observations on the sheep and lamb.

678. OF ALL WILD or DOMESTICATED ANIMALS, the sheep is, without exception, the most useful to man as a food, and the most necessary to his health and comfort; for it not only supplies him with the lightest and most nutritious of meats, but, in the absence of the cow, its udder yields him milk, cream, and a sound though inferior cheese; while from its fat he obtains light, and from its fleece broadcloth, kerseymere, blankets, gloves, and hose. Its bones when burnt make an animal charcoal—ivory black—to polish his boots, and when powdered, a manure for the cultivation of his wheat; the skin, either split or whole, is made into a mat for his carriage, a housing for his horse, or a lining for his hat, and many other useful purposes besides, being extensively employed in the manufacture of parchment; and finally, when oppressed by care and sorrow, the harmonious strains that carry such soothing contentment to the heart, are elicited from the musical strings, prepared almost exclusively from the intestines of the sheep.

679. THIS VALUABLE ANIMAL, of which England is estimated to maintain an average stock of 32,000,000, belongs to the class already indicated under the ox,—the Mammalia; to the order of Rumenantia, or cud-chewing animal; to the tribe of Capridae, or horned quadrupeds; and the genus Ovis, or the "sheep." The sheep may be either with or without horns; when present, however, they have always this peculiarity, that they spring from a triangular base, are spiral in form, and lateral, at the side of the, in situation. The fleece of the sheep is of two sorts, either short and
harsh, or soft and woolly; the wool always preponderating in an exact ratio to the care, attention, and amount of domestication bestowed on the animal. The generic peculiarities of the sheep are the triangular and spiral form of the horns, always larger in the male when present, but absent in the most cultivated species; having sinuses at the base of all the toes of the four feet, with two rudimentary hoofs on the fore legs, two inguinal teats to the udder, with a short tail in the wild breed, but of varying length in the domesticated; have no incisor teeth in the upper jaw, but in their place a hard elastic cushion along the margin of the gum, on which the animal nips and breaks the herbage on which it feeds; in the lower jaw there are eight incisor teeth and six molars on each side of both jaws, making in all 32 teeth. The fleece consists of two coats, one to keep the animal warm, the other to carry off the water without wetting the skin. The first is of wool, the weight and fineness of which depend on the quality of the pasture and the care bestowed on the flock; the other of hair, that pierces the wool and overlaps it, and is in excess in exact proportion to the badness of the keep and inattention with which the animal is treated.

680. THE GREAT OBJECT OF THE GRAZIER is to procure an animal that will yield the greatest pecuniary return in the shortest time; or, in other words, soonest convert grass and turnips into good mutton and fine fleece. All sheep will not do this alike; some, like men, are so restless and irritable, that no system of feeding, however good, will develop their frames or make them fat. The system adopted by the breeder to obtain a valuable animal for the butcher, is to enlarge the capacity and functions of the digestive organs, and reduce those of the head and chest, or the mental and respiratory organs. In the first place, the mind should be tranquillized, and those spaces that can never produce animal fibre curtailed, and greater room afforded, as in the abdomen, for those that can. And as nothing militates against the fattening process so much as restlessness, the chief wish of the grazier is to find a dull, indolent sheep, one who, instead of frisking himself, leaping his wattles, or even condescending to notice the butting gambols of his silly companions, silently fills his paunch with pasture, and then seeking a shady nook, indolently and luxuriously chows his cud with closed eyes and blissful satisfaction, only rising when his delicious repast is ended, to proceed silently and without emotion to repeat the pleasing process of laying in more provender, and then returning to his dreamy siesta to renew the delightful task of rumination. Such animals are said to have a lymphatic temperament, and are of so kindly a nature, that on good pasturage they may be said to grow daily. The Leicestershire breed is the best example of this lymphatic and contented animal, and the active Orkney, who is half goat in his habits, of the restless and unprofitable. The rich pasture of our midland counties would take years in making the wiry Orkney fat and profitable, while one day's fatigue in climbing rocks after a coarse and scanty herbage would probably cause the actual death of the pampered and short-winded Leicester.

681. THE MORE REMOVED FROM THE NATURE of the animal is the food on which it lives, the more difficult is the process of assimilation, and the more complex the chain of digestive organs; for it must be evident to all, that the same apparatus that converts flesh into flesh, is hardly calculated to transmute grass into flesh. As the process of digestion in carnivorous animals is extremely simple, these organs are found to be remarkably short, seldom exceeding the length of the animal's body; while, where digestion is more difficult, from the unassimilating nature of the aliment, as in the ruminant order, the alimentary canal, as is the case with the sheep, is twenty-
seven times the length of the body. The digestive organ in all ruminant animals consists of four stomachs, or, rather, a capacious pouch, divided by doorways and valves into four compartments, called, in their order of position, the Paunch, the Reticulum, the Omasum, and the Abomasum. When the sheep nibbles the grass, and is ignorantly supposed to be eating, he is, in fact, only preparing the raw material of his meal, in reality only mowing the pasture, which, as he collects, is swallowed instantly, passing into the first receptacle, the paunch, where it is surrounded by a quantity of warm saliva, in which the herbage undergoes a process of maceration or softening, till the animal having filled this compartment, the contents pass through a valve into the second or smaller bag,—the reticulum, where, having again filled the paunch with a reserve, the sheep lies down and commences that singular process of chewing the cud, or, in other words, masticating the food he has collected. By the operation of a certain set of muscles, a small quantity of this softened food from the reticulum, or second bag, is passed into the mouth, which it now becomes the pleasure of the sheep to grind under his molar teeth into a soft smooth pulp, the operation being further assisted by a flow of saliva, answering the double purpose of increasing the flavour of the aliment and promoting the solvency of the mass. Having completely comminuted and blended this mouthful, it is swallowed a second time; but instead of returning to the paunch or reticulum, it passes through another valve into a side cavity,—the omasum, where, after a maceration in more saliva for some hours, it glides by the same contrivance into the fourth pouch,—the abomasum, an apartment in all respects analogous to the ordinary stomach of animals, and where the process of digestion, begun and carried on in the previous three, is here consummated, and the nutrient principle, by means of the bile, eliminated from the digested aliment. Such is the process of digestion in sheep and oxen.

682. NO OTHER ANIMAL, even of the same order, possesses in so remarkable a degree the power of converting pasture into flesh as the Leicestershire sheep; the South Down and Cheviot, the two next breeds in quality, are, in consequence of the greater vivacity of the animal's nature, not equal to it in that respect, though in both the brain and chest are kept subservient to the greater capacity of the organs of digestion. Besides the advantage of increased bulk and finer fleeces, the breeder seeks to obtain an augmented deposit of tissue in those parts of the carcase most esteemed as food, or, what are called in the trade "prime joints;" and so far has this been effected, that the comparative weight of the hind quarters over the fore has become a test of quality in the breed, the butchers in some markets charging twopence a pound more for that portion of the sheep. Indeed, so superior are the hind quarters of mutton now regarded, that very many of the West-end butchers never deal in any other part of the sheep.

683. THE DIFFERENCE IN THE QUALITY OF THE FLESH in various breeds is a well-established fact, not alone in flavour, but also in tenderness; and that the nature of the pasture on which the sheep is fed influences the flavour of the meat, is equally certain, and shown in the estimation in which those flocks are held which have grazed on the thymy heath of Bamstead in Sussex. It is also a well-established truth, that the larger the frame of the animal, the courser is the meat, and that small bones are both guarantees for the fineness of the breed and the delicacy of the flesh. The sex too has much to do in determining the quality of the meat; in the males, the lean is closer in fibre, deeper in colour, harder in texture, less juicy, and freer from fat, than in the female, and is consequently tougher and more difficult of digestion; but probably age,
and the character of the pasturage on which they are reared, has, more than any other cause, an influence on the quality and tenderness of the meat.

684. THE NUMEROUS VARIETIES of sheep inhabiting the different regions of the earth have been reduced by Cuvier to three, or at most four, species: the Ovis Amman, or the Argali, the presumed parent stock of all the rest; the Ovis Tragelaphus, the bearded sheep of Africa; the Ovis Musmon, the Musmon of Southern Europe; and the Ovis Montana, the Mouflon of America; though it is believed by many naturalists that this last is so nearly identical with the Indian Argali as to be undeserving a separate place. It is still a controversy to which of these three we are indebted for the many breeds of modern domestication; the Argali, however, by general belief, has been considered as the most probable progenitor of the present varieties.

685. THE EFFECTS PRODUCED BY CHANGE OF CLIMATE, accident, and other causes, must have been great to accomplish so complete a physical alteration as the primitive Argali must have undergone before the Musmon, or Mouflon of Corsica, the immediate progenitor of all our European breeds, assumed his present appearance. The Argali is about a fifth larger in size than the ordinary English sheep, and being a native of a tropical clime, his fleece is of hair instead of wool, and of a warm reddish brown, approaching to yellow; a thick mane of darker hair, about seven inches long, commences from two long tufts at the angle of the jaws, and, running under the throat and neck, descends down the chest, dividing, at the fore fork, into two parts, one running down the front of each leg, as low as the shank. The horns, unlike the character of the order generally, have a quadrangular base, and, sweeping inwards, terminate in a sharp point. The tail, about seven inches long, ends in a tuft of stiff hairs. From this remarkable muffler-looking beard, the French have given the species the name of Mouflon à manchettes. From the primitive stock eleven varieties have been reared in this country, of the domesticated sheep, each supposed by their advocates to possess some one or more special qualities. These eleven, embracing the Shetland or Orkney; the Dun-woolled; Black-faced, or heath-bred; the Moorland, or Devonshire; the Cheviot; the Horned, of Norfolk the Ryeland; South-Down; the Merino; the Old Leicester, and the Teeswater, or New Leicester, have of late years been epitomized; and, for all useful and practical purposes, reduced to the following four orders:—

686. THE SOUTH-DOWN, the LEICESTER, the BLACK-FACED, and the CHEVIOT.

687. SOUTH-DOWNS.—It appears, as far as our investigation can trace the fact, that from the very earliest epoch of agricultural history in England, the breezy range of light chalky hills running through the south-west and south of Sussex and Hampshire, and known as the South-Downs, has been famous for a superior race of sheep; and we find the Romans early established mills and a cloth-factory at Winchester, where they may be said to terminate, which rose to such estimation, from the fineness of the wool and texture of the cloth, that the produce was kept as only worthy to clothe emperors. From this, it may be inferred that sheep have always been indigenous to this hilly tract. Though boasting so remote a reputation, it is comparatively within late years that the improvement and present state of perfection of this breed has been effected, the South-Down new ranking, for symmetry of shape, constitution, and early maturity, with any stock in the kingdom. The South-Down has no horns, is covered with a fine
wool from two to three inches long, has a small, and legs and face of a grey colour. It is, however, considered deficient in depth and breadth of chest. A marked peculiarity of this breed is that its hind quarters stand higher than the fore, the quarters weighing from fifteen to eighteen pounds.

688. THE LEICESTER.—It was not till the year 1755 that Mr. Robert Bakewell directed his attention to the improvement of his stock of sheep, and ultimately effected that change in the character of his flock which has brought the breed to hold so prominent a place. The Leicesteer is regarded as the largest example of the improved breeds, very productive, and yielding a good fleece. He has a small, covered with short white hairs, a clean muzzle, an open countenance, full eye, long thin ear, tapering neck, well-arched ribs, and straight back. The meat is indifferent, its
flavour not being so good as that of the South-Down, and there is a very large proportion of fat. Average weight of carcase from 90 to 100 lbs.

689. BLACK-FACED, on HEATH-BRED SHEEP.—This is the most hardy of all our native breeds, and originally came from Ettrick Forest. The face and legs are black, or sometimes mottled, the horns spiral, and on the top of the forehead it has a small round tuft of lighter-coloured wool than on the face; has the muzzle and lips of the same light hue, and what shepherds call a mealy mouth; the eye is full of vivacity and fire, and well open; the body long, round, and firm, and the limbs robust. The wool is thin, coarse, and light. Weight of the quarter, from 10 to 16 lbs.
690. THE CHEVIOT.—From the earliest traditions, these hills in the North, like the chalk-ridges in the South, have possessed a race of large-carcased sheep, producing a valuable fleece. To these physical advantages, they added a sound constitution, remarkable vigour, and capability to endure great privation. Both sexes are destitute of horns, face white, legs long and clean, carries the erect, has the throat and neck well covered, the cars long and open, and the face animated. The Cheviot is a small-boned sheep, and well covered with wool to the hough; the only defect in this breed, is in a want of depth in the chest. Weight of the quarter, from 12 to 18 lbs.

691. THOUGH THE ROMNEY MARSHES, that wide tract of morass and lowland moor extending from the Weald (or ancient forest) of Kent into Sussex, has rather
been regarded as a general feeding-ground for any kind of sheep to be pastured on, it has yet, from the earliest date, been famous for a breed of animals almost peculiar to the locality, and especially for size, length, thickness, and quantity of wool, and what is called thickness of stocking; and on this account for ages held pre-eminence over every other breed in the kingdom. So satisfied were the Kentish men with the superiority of their sheep, that they long resisted any crossing in the breed. At length, however, this was effected, and from the Old Romney and New Leicester a stock was produced that proved, in an eminent degree, the advantage of the cross; and though the breed was actually smaller than the original, it was found that the new stock did not consume so much food, the stocking was increased, they were ready for the market a year sooner; that the fat formed more on the exterior of the carcase, where it was of most advantage to the grazier, rather than as formerly in the interior, where it went to the butcher as offal; and though the wool was shorter and lighter, it was of a better colour, finer, and possessed of superior felting properties.

692. THE ROMNEY MARSH BREED is a large animal, deep, close, and compact, with white face and legs, and yields a heavy fleece of a good staple quality. The general structure is, however, considered defective, the chest being narrow and the extremities coarse; nevertheless its tendency to fatten, and its early maturity, are universally admitted. The Romney Marsh, therefore, though not ranking as a first class in respect of perfection and symmetry of breed, is a highly useful, profitable, and generally advantageous variety of the English domestic sheep.
693. DIFFERENT NAMES HAVE BEEN GIVEN to sheep by their breeders, according to their age and sex. The male is called a ram, or tup; after weaning, he is said to be a hog, or hogget, or a lamb-hog, tup-hog, or teg; later he is a wether, or wether-hog; after the first shearing, a shearing, or dinmont; and after each succeeding shearing, a two, three, or four-shear ram, tup, or wether, according to circumstances. The female is called a ewe, or gimmer-lamb, till weaned, when she becomes, according to the shepherd's nomenclature, a gimmer-ewe, hog, or teg; after shearing, a gimmer or shearing-ewe, or theave; and in future a two, three, or four-shear ewe, or theave.

694. THE MODE OF SLAUGHTERING SHEEP is perhaps as humane and expeditious a process as could be adopted to attain the objects sought: the animal being laid on its side in a sort of concave stool, the butcher, while pressing the body with his knee, transfixes the throat near the angle of the jaw, passing his knife between the windpipe and bones of the neck; thus dividing the jugulars, carotids, and large vessels, the death being very rapid from such a hemorrhage.

695. ALMOST EVERY LARGE CITY has a particular manner of cutting up, or, as it is called, dressing the carcase. In London this process is very simple, and as our butchers have found that
much skewering back, doubling one part over another, or scoring the inner cuticle or fell, tends to spoil the meat and shorten the time it would otherwise keep, they avoid all such treatment entirely. The carcase when flayed (which operation is performed while yet warm), the sheep when hung up and the removed, presents the profile shown in our cut; the small numerals indicating the parts or joints into which one half of the animal is cut. After separating the hind from the fore quarters, with eleven ribs to the latter, the quarters are usually subdivided in the manner shown in the sketch, in which the several joins are defined by the intervening lines and figures. **Hind quarter:** No. 1, the leg; 2, the loin—the two, when cut in one piece, being called the saddle. **Fore quarter:** No. 3, the shoulder; 4 and 5 the neck; No. 5 being called, for distinction, the scrag, which is generally afterwards separated from 4, the lower and better joint; No. 6, the breast. The haunch of mutton, so often served at public dinners and special entertainments, comprises all the leg and so much of the loin, short of the ribs or lap, as is indicated on the upper part of the carcase by a dotted line.

696. THE GENTLE AND TIMID DISPOSITION of the sheep, and its defenceless condition, must very early have attached it to man for motives less selfish than either its fleece or its flesh; for it has been proved beyond a doubt that, obtuse as we generally regard it, it is susceptible of a high degree of domesticity, obedience, and affection. In many parts of Europe, where the flocks are guided by the shepherd's voice alone, it is no unusual thing for a sheep to quit the herd when called by its name, and follow the keeper like a dog. In the mountains of Scotland, when a flock is invaded by a savage dog, the rams have been known to form the herd into a circle, and placing themselves on the outside line, keep the enemy at bay, or charging on him in a troop, have despatched him with their horns.

697. THE VALUE OF THE SHEEP seems to have been early understood by Adam in his fallen state; his skin not only affording him protection for his body, but a covering for his tent; and accordingly, we find Abel intrusted with this portion of his father's stock; for the Bible tells us that "Abel was a keeper of sheep." What other animals were domesticated at that time we can only conjecture, or at what exact period the flesh of the sheep was first eaten for food by man, is equally, if not uncertain, open to controversy. For though some authorities maintain the contrary, it is but natural to suppose that when Abel brought firstlings of his flock, "and the fat thereof," as a sacrifice, the less dainty portions, not being oblations, were hardly likely to have been flung away as refuse. Indeed, without supposing Adam and his descendants to have eaten animal food, we cannot reconcile the fact of Jubal Cain, Cain's son, and his family, living in tents, as they are reported to have done, knowing that both their own garments and the coverings of the tents, were made from the hides and skins of the animals they bred; for the number of sheep and oxen slain for oblations only, would not have supplied sufficient material for two such necessary purposes. The opposite opinion is, that animal food was not eaten till after the Flood, when the Lord renewed his covenant with Noah. From Scriptural authority we learn many interesting facts as regards the sheep: the first, that mutton fat was considered the most delicious portion of any meat, and the tail and adjacent part the most exquisite morsel in the whole body; consequently, such were regarded as especially fit for the offer of sacrifice. From this fact we may reasonably infer that the animal still so often met with in Palestine and Syria, and known as the Fat-tailed sheep, was in use in the days of the patriarchs, though probably not then of the size and weight it now attains to; a supposition that gains greater strength, when it is remembered that the ram Abraham
found in the bush, when he went to offer up Isaac, was a horned animal, being
entangled in the brake by his curved horns; so far proving that it belonged to the tribe
of the Capridae, the fat-tailed sheep appertaining to the same family.

LAMBS.

698. THOUGH THE LAMBING SEASON IN THIS COUNTRY usually commences
in March, under the artificial system, so much pursued now to please the appetite of
luxury, lambs can be procured at all seasons. When, however, the sheep lambs in mid-
winter, or the inclemency of the weather would endanger the lives of mother and
young, if exposed to its influence, it is customary to rear the lambs within-doors, and
under the shelter of stables or barns, where, foddered on soft hay, and part fed on
cow's milk, the little creatures thrive rapidly: to such it is customary to give the name
of House Lamb, to distinguish it from that reared in the open air, or grass-fed. The
ewe goes five months with her young, about 152 days, or close on 22 weeks. The
weaning season commences on poor lands, about the end of the third month, but on
rich pasture not till the close of the fourth—sometimes longer.

699. FROM THE LARGE PROPORTION OF MOISTURE OR FLUIDS contained in
the tissues of all young animals, the flesh of lamb and veal is much more prone, in
close, damp weather, to become tainted and spoil than the flesh of the more mature,
drier, and closer-textured beef and mutton. Among epicures, the most delicious sorts
of lamb are those of the South-Down breed, known by their black feet; and of these,
those which have been exclusively suckled on the milk of the parent ewe, are
considered the finest. Next to these in estimation are those fed on the milk of several
dams, and last of all, though the fattest, the grass-fed lamb; this, however, implies an
age much greater than either of the others.

700. LAMB, in the early part of the season, however reared, is in London, and indeed
generally, sold in quarters, divided with eleven ribs to the forequarter; but, as the
season advances, these are subdivided into two, and the hind-quarter in the same
manner; the first consisting of the shoulder, and the neck and breast; the latter, of the
leg and the loin,—as shown in the cut illustrative of mutton. As lamb, from the juicy
nature of its flesh, is especially liable to spoil in unfavourable weather, it should be
frequently wiped, so as to remove any moisture that may form on it.

701. IN THE PURCHASING OF LAMB FOR THE TABLE, there are certain signs
by which the experienced judgment is able to form an accurate opinion whether the
animal has been lately slaughtered, and whether the joints possess that condition of
fibre indicative of good and wholesome meat. The first of these doubts may be solved
satisfactorily by the bright and dilated appearance of the eye; the quality of the fore-
quarter can always be guaranteed by the blue or healthy ruddiness of the jugular, or
vein of the neck; while the rigidity of the knuckle, and the firm, compact feel of the
kidney, will answer in an equally positive manner for the integrity of the hind-quarter.
CHAPTER XV.—Mutton and lamb recipes.

BAKED MINCED MUTTON
(Cold Meat Cookery).

703. INGREDIENTS.—The remains of any joint of cold roast mutton, 1 or 2 onions, 1 bunch of savoury herbs, pepper and salt to taste, 2 blades of pounded mace or nutmeg, 2 tablespoonfuls of gravy, mashed potatoes.

Mode.—Mince an onion rather fine, and fry it a light-brown colour; add the herbs and mutton, both of which should be also finely minced and well mixed; season with pepper and salt, and a little pounded mace or nutmeg, and moisten with the above proportion of gravy. Put a layer of mashed potatoes at the bottom of a dish, then the mutton, and then another layer of potatoes, and bake for about ½ hour.

Time.—½ hour. Average cost, exclusive of the meat, 4d.
Seasonable at any time.

Note.—If there should be a large quantity of meat, use 2 onions instead of 1.

BOILED BREAST OF MUTTON AND CAPER SAUCE.

704. INGREDIENTS.—Breast of mutton, bread crumbs, 2 tablespoonfuls of minced savoury herbs (put a large proportion of parsley), pepper and salt to taste.

Mode.—Cut off the superfluous fat; bone it; sprinkle over a layer of bread crumbs, minced herbs, and seasoning; roll, and bind it up firmly. Boil gently for 2 hours, remove the tape, and serve with caper sauce, No. 382, a little of which should be poured over the meat.

Time.—2 hours. Average cost, 6d. per lb.

Sufficient for 4 or 6 persons.

Seasonable all the year.

BOILED LEG OF MUTTON.

705. INGREDIENTS.—Mutton, water, salt.

Mode.—A leg of mutton for boiling should not hang too long, as it will not look a good colour when dressed. Cut off the shank-bone, trim the knuckle, and wash and wipe it very clean; plunge it into sufficient boiling water to cover it; let it boil up, then draw the saucepan to the side of the fire, where it should remain till the finger can be borne in the water. Then place it sufficiently near the fire, that the water may gently simmer, and be very careful that it does not boil fast, or the meat will be hard. Skim well, add a little salt, and in about 2-¼ hours after the water begins to simmer, a moderate-sized leg of mutton will be done. Serve with carrots and mashed turnips, which may be boiled with the meat, and send caper sauce (No. 382) to table with it in a tureen.

Time.—A moderate-sized leg of mutton of 9 lbs., 2-¼ hours after the water boils; one of 12 lbs., 3 hours.

Average cost, 8-½d. per lb.

Sufficient.—A moderate-sized leg of mutton for 6 or 8 persons.

Seasonable nearly all the year, but not so good in June, July, and August.

Note.—When meat is liked very thoroughly cooked, allow more time than stated above. The liquor this joint was boiled in should be converted into soup.

THE GOOD SHEPHERD.—The sheep’s complete dependence upon the shepherd for protection from its numerous enemies is frequently referred to in the Bible; thus the Psalmist likens himself to a lost sheep, and prays the Almighty to seek his servant; and our Saviour, when despatching his twelve chosen disciples to preach the Gospel amongst their unbelieving
brethren, compares them to lambs going amongst wolves. The shepherd of the East, by kind
treatment, calls forth from his sheep unmistakable signs of affection. The sheep obey his voice
and recognize the names by which he calls them, and they follow him in and out of the fold.
The beautiful figure of the "good shepherd," which so often occurs in the New Testament,
expresses the tenderness of the Saviour for mankind. "The good shepherd giveth his life for
the sheep."—John, x. 11. "I am the good shepherd, and know my sheep, and am known by
mine."—John, x. 14. "And other sheep I have which are not of this fold: them also I must
bring, and they shall hear my voice: and there shall be one fold and one shepherd."—John, x.
16.

BONED LEG OF MUTTON STUFFED.

706. INGREDIENTS.—A small leg of mutton, weighing 6 or 7 lbs., forcemeat, No.
417, 2 shalots finely minced.

Mode.—Make a forcemeat by recipe No. 417, to which add 2 finely-minced shalots.
Bone the leg of mutton, without spoiling the skin, and cut off a great deal of the fat.
Fill the hole up whence the bone was taken, with the forcemeat, and sew it up
underneath, to prevent its falling out. Bind and tie it up compactly, and roast it before
a nice clear fire for about 2-½ hours or rather longer; remove the tape and send it to
table with a good gravy. It may be glazed or not, as preferred.

Time.—2-½ hours, or rather longer. Average cost, 4s. 8d.

Sufficient for 6 or 7 persons.

Seasonable at any time.

BRAISED FILLET OF MUTTON, with French Beans.

707. INGREDIENTS.—The chump end of a loin of mutton, buttered paper, French
beans, a little glaze, 1 pint of gravy.

Mode.—Roll up the mutton in a piece of buttered paper, roast it for 2 hours, and do
not allow it to acquire the least colour. Have ready some French beans, boiled, and
drained on a sieve; remove the paper from the mutton, glaze it; just heat up the beans
in the gravy, and lay them on the dish with the meat over them. The remainder of the
gravy may be strained, and sent to table in a tureen.

Time.—2 hours. Average cost, 8-½d. per lb.

Sufficient for 4 or 5 persons.

Seasonable at any time.

VARIOUS QUALITIES OF MUTTON—Mutton is, undoubtedly, the meat most generally
used in families; and, both by connoisseurs and medical men, it stands first in favour, whether
its the favour, digestible qualifications, or general wholesomeness, be considered. Of all
mutton, that furnished by South-Down sheep is the most highly esteemed; it is also the
dearest, on account of its scarcity, and the great demand of it. Therefore, if the housekeeper is
told by the butcher that he has not any in his shop, it should not occasion disappointment to
the purchaser. The London and other markets are chiefly supplied with sheep called half-
breeds, which are a cross between the Down and Lincoln or Leicester. These half-breeds make
a greater weight of mutton than the true South-Downs, and, for this very desirable qualification, they are preferred by the great sheep-masters. The legs of this mutton range from 7 to 11 lbs. in weight; the shoulders, necks, or loins, about 6 to 9 lbs.; and if care is taken not to purchase it; the shoulders, necks, or loins, about 8 to 9 lbs.; and it cure is taken not to purchase it too fat, it will be found the most satisfactory and economical mutton that can be bought.

**BRAISED LEG OF MUTTON.**

708. INGREDIENTS.—1 small leg of mutton, 4 carrots, 3 onions, 1 faggot of savoury herbs, a bunch of parsley, seasoning to taste of pepper and salt, a few slices of bacon, a few veal trimmings, ½ pint of gravy or water.

*Mode.*—Line the bottom of a braising-pan with a few slices of bacon, put in the carrots, onions, herbs, parsley, and seasoning, and over these place the mutton. Cover the whole with a few more slices of bacon and the veal trimmings, pour in the gravy or water, and stew very gently for 4 hours. Strain the gravy, reduce it to a glaze over a sharp fire, glaze the mutton with it, and send it to table, placed on a dish of white haricot beans boiled tender, or garnished with glazed onions.

*Time.*—4 hours. Average cost, 5s.

*Sufficient* for 6 or 7 persons.

*Seasonable* at any time.

**THE ORDER OF THE GOLDEN FLEECE.**—This order of knighthood was founded by Philip the Good, duke of Burgundy, in 1429, on the day of his marriage with the Princess Isabella of Portugal. The number of the members was originally fixed at thirty-one, including the sovereign, as the and chief of the institution. In 1516, Pope Leo X. consented to increase the number to fifty-two, including the . In 1700 the German emperor Charles VI. and King Philip of Spain both laid claim to the order. The former, however, on leaving Spain, which he could not maintain by force of arms, took with him, to Vienna, the archives of the order, the inauguration of which he solemnized there in 1713, with great magnificence; but Philip V. of Spain declared himself Grand Master, and formally protested, at the congress of Cambrai (1721), against the pretensions of the emperor. The dispute, though subsequently settled by the intercession of France, England, and Holland, was frequently renewed, until the order was tacitly introduced into both countries, and it now passes by the respective names of the Spanish or Austrian "Order of the Golden Fleece," according to the country where it is issued.

**AN EXCELLENT WAY TO COOK A BREAST OF MUTTON.**

709. INGREDIENTS.—Breast of mutton, 2 onions, salt and pepper to taste, flour, a bunch of savoury herbs, green peas.

*Mode.*—Cut the mutton into pieces about 2 inches square, and let it be tolerably lean; put it into a stewpan, with a little fat or butter, and fry it of a nice brown; then dredge in a little flour, slice the onions, and put it with the herbs in the stewpan; pour in sufficient water *just* to cover the meat, and simmer the whole gently until the mutton is tender. Take out the meat, strain, and skim off all the fat from the gravy, and put both the meat and gravy back into the stewpan; add about a quart of young green peas, and let them boil gently until done. 2 or 3 slices of bacon added and stewed with the mutton give additional flavour; and, to insure the peas being a beautiful green colour,
they may be boiled in water separately, and added to the stew at the moment of serving.

_Time_.—2½ hours.

_Average cost_, 6d. per lb.

_Sufficient_ for 4 or 5 persons.

_Seasonable_ from June to August.

_NAMES OF ANIMALS SAXON, AND OF THEIR FLESH NORMAN._—The names of all our domestic animals are of Saxon origin; but it is curious to observe that Norman names have been given to the different sorts of flesh which these animals yield. How beautifully this illustrates the relative position of Saxon and Norman after the Conquest. The Saxon hind had the charge of tending and feeding the domestic animals, but only that they might appear on the table of his Norman lord. Thus 'ox,' 'steer,' 'cow,' are Saxon, but 'beef' is Norman; 'calf' is Saxon, but 'veal' Norman; 'sheep' is Saxon, but 'mutton' Norman; so it is severally with 'deer' and 'venison,' 'swine' and 'pork,' 'fowl' and 'pullet.' 'Bacon,' the only flesh which, perhaps, ever came within his reach, is the single exception.

**BROILED MUTTON AND TOMATO SAUCE**
(Cold Meat Cookery).

710. **INGREDIENTS.**—A few slices of cold mutton, tomato sauce, No. 529.

_Mode._—Cut some nice slices from a cold leg or shoulder of mutton; season them with pepper and salt, and broil over a clear fire. Make some tomato sauce by recipe No. 529, pour it over the mutton, and serve. This makes an excellent dish, and must be served very hot.

_Time._—About 5 minutes to broil the mutton.

_Seasonable_ in September and October, when tomatoes are plentiful and seasonable.

_SHEPHERDS AND THEIR FLOCKS._—The shepherd's crook is older than either the husbandman's plough or the warrior's sword. We are told that Abel was a keeper of sheep. Many passages in holy writ enable us to appreciate the pastoral riches of the first eastern nations; and we can form an idea of the number of their flocks, when we read that Jacob gave the children of Hamor a hundred sheep for the price of a field, and that the king of Israel received a hundred thousand every year from the king of Moab, his tributary, and a like number of rams covered with their fleece. The tendency which most sheep have to ramble, renders it necessary for them to be attended by a shepherd. To keep a flock within bounds, is no easy task; but the watchful shepherd manages to accomplish it without harassing the sheep. In the Highlands of Scotland, where the herbage is scanty, the sheep-farm requires to be very large, and to be watched over by many shepherds. The farms of some of the great Scottish landowners are of enormous extent. "How many sheep have you on your estate?" asked Prince Esterhazi of the duke of Argyll. "I have not the most remote idea," replied the duke; "but I know the shepherds number several thousands."

**BROILED MUTTON CHOPS.**

711. **INGREDIENTS.**—Loin of mutton, pepper and salt, a small piece of butter.
Mode.—Cut the chops from a well-hung tender loin of mutton, remove a portion of
the fat, and trim them into a nice shape; slightly beat and level them; place the
gridiron over a bright clear fire, rub the bars with a little fat, and lay on the chops.
Whilst broiling, frequently turn them, and in about 8 minutes they will be done.
Season with pepper and salt, dish them on a very hot dish, rub a small piece of butter
on each chop, and serve very hot and expeditiously.

Time.—About 8 minutes. Average cost, 10d. per lb.

Sufficient.—Allow 1 chop to each person.

Seasonable at any time.

CHINA CHILO.

712. INGREDIENTS.—1-½ lb. of leg, loin, or neck of mutton, 2 onions, 2 lettuces, 1
pint of green peas, 1 teaspoonful of salt, 1 teaspoonful of pepper, ¼ pint of water, ¼
lb. of clarified butter; when liked, a little cayenne.

Mode.—Mince the above quantity of undressed leg, loin, or neck of mutton, adding a
little of the fat, also minced; put it into a stewpan with the remaining ingredients,
previously shredding the lettuce and onion rather fine; closely cover the stewpan, after
the ingredients have been well stirred, and simmer gently for rather more than 2
hours. Serve in a dish, with a border of rice round, the same as for curry.

Time.—Rather more than 2 hours. Average cost, 1s. 6d.

Sufficient for 3 or 4 persons.

Seasonable from June to August.

CURRIED MUTTON
(Cold Meat Cookery).

713. INGREDIENTS.—The remains of any joint of cold mutton, 2 onions, ¼ lb. of
butter, 1 dessertspoonful of curry powder, 1 dessertspoonful of flour, salt to taste, ¼
pint of stock or water.

Mode.—Slice the onions in thin rings, and put them into a stewpan with the butter,
and fry of a light brown; stir in the curry powder, flour, and salt, and mix all well
together. Cut the meat into nice thin slices (if there is not sufficient to do this, it may
be minced), and add it to the other ingredients; when well browned, add the stock or
gravy, and stew gently for about ½ hour. Serve in a dish with a border of boiled rice,
the same as for other curries.

Time.—½ hour.

Average cost, exclusive of the meat, 6d.

Seasonable in winter.
CUTLETS OF COLD MUTTON
(Cold Meat Cookery).

714. INGREDIENTS.—The remains of cold loin or neck of mutton, 1 egg, bread crumbs, brown gravy (No. 436), or tomato sauce (No. 529).

Mode.—Cut the remains of cold loin or neck of mutton into cutlets, trim them, and take away a portion of the fat, should there be too much; dip them in beaten egg, and sprinkle with bread crumbs, and fry them a nice brown in hot dripping. Arrange them on a dish, and pour round them either a good gravy or hot tomato sauce.

Time.—About 7 minutes.

Seasonable.—Tomatoes to be had most reasonably in September and October.

DORMERS.

715. INGREDIENTS.—½ lb. of cold mutton, 2 oz. of beef suet, pepper and salt to taste, 3 oz. of boiled rice, 1 egg, bread crumbs, made gravy.

Mode.—Chop the meat, suet, and rice finely; mix well together, and add a high seasoning of pepper and salt, and roll into sausages; cover them with egg and bread crumbs, and fry in hot dripping of a nice brown. Serve in a dish with made gravy poured round them, and a little in a tureen.

Time.—½ hour to fry the sausages.

Average cost, exclusive of the meat, 6d.

Seasonable at any time.

THE GOLDEN FLEECE.—The ancient fable of the Golden Fleece may be thus briefly told:—Phryxus, a son of Athamus, king of Thebes, to escape the persecutions of his stepmother Ino, paid a visit to his friend Aeetes, king of Colchis. A ram, whose fleece was of pure gold, carried the youth through the air in a most obliging manner to the court of his friend. When safe at Colchis, Phryxus offered the ram on the altars of Mars, and pocketed the fleece. The king received him with great kindness, and gave him his daughter Chalciope in marriage; but, some time after, he murdered him in order to obtain possession of the precious fleece. The murder of Phryxus was amply revenged by the Greeks. It gave rise to the famous Argonautic expedition, undertaken by Jason and fifty of the most celebrated heroes of Greece. The Argonauts recovered the fleece by the help of the celebrated sorceress Medea, daughter of Aeetes, who fell desperately in love with the gallant but faithless Jason. In the story of the voyage of the Argo, a substratum of truth probably exists, though overlaid by a mass of fiction. The ram which carried Phryxus to Colchis is by some supposed to have been the name of the ship in which he embarked. The fleece of gold is thought to represent the immense treasures he bore away from Thebes. The alchemists of the fifteenth century were firmly convinced that the Golden Fleece was a treatise on the transmutation of metals, written on sheepskin.
HARICOT MUTTON.

I.

716. INGREDIENTS.—4 lbs. of the middle or best end of the neck of mutton, 3
carrots, 3 turnips, 3 onions, popper and salt to taste, 1 tablespoonful of ketchup or
Harvey's sauce.

Mode.—Trim off some of the fat, cut the mutton into rather thin chops, and put them
into a frying-pan with the fat trimmings. Fry of a pale brown, but do not cook them
enough for eating. Cut the carrots and turnips into dice, and the onions into slices, and
slightly fry them in the same fat that the mutton was browned in, but do not allow
them to take any colour. Now lay the mutton at the bottom of a stewpan, then the
vegetables, and pour over them just sufficient boiling water to cover the whole. Give
one boil, skim well, and then set the pan on the side of the fire to simmer gently until
the meat is tender. Skim off every particle of fat, add a seasoning of pepper and salt,
and a little ketchup, and serve. This dish is very much better if made the day before it
is wanted for table, as the fat can be so much more easily removed when the gravy is
cold. This should be particularly attended to, as it is apt to be rather rich and greasy if
eaten the same day it is made. It should be served in rather a deep dish.

Time.—2½ hours to simmer gently.

Average cost, for this quantity, 3s.

Sufficient for 6 or 7 persons.

Seasonable at any time.

II.

717. INGREDIENTS.—Breast or scrag of mutton, flour, pepper and salt to taste, 1
large onion, 3 cloves, a bunch of savoury herbs, 1 blade of mace, carrots and turnips,
sugar.

Mode.—Cut the mutton into square pieces, and fry them a nice colour; then dredge
over them a little flour and a seasoning of pepper and salt. Put all into a stewpan, and
moisten with boiling water, adding the onion, stuck with 3 cloves, the mace, and
herbs. Simmer gently till the meat is nearly done, skim off all the fat, and then add the
carrots and turnips, which should previously be cut in dice and fried in a little sugar to
colour them. Let the whole simmer again for 10 minutes; take out the onion and
bunch of herbs, and serve.

Time.—About 3 hours to simmer.

Average cost, 6d. per lb.

Sufficient for 4 or 5 persons.

Seasonable at any time.
HARICOT MUTTON
(Cold Meat Cookery).

718. INGREDIENTS.—The remains of cold neck or loin of mutton, 2 oz. of butter, 3 onions, 1 dessertspoonful of flour, ½ pint of good gravy, pepper and salt to taste, 2 tablespoonfuls of port wine, 1 tablespoonful of mushroom ketchup, 2 carrots, 2 turnips, 1 of celery.

Mode.—Cut the cold mutton into moderate-sized chops, and take off the fat; slice the onions, and fry them with the chops, in a little butter, of a nice brown colour; stir in the flour, add the gravy, and let it stew gently nearly an hour. In the mean time boil the vegetables until nearly tender, slice them, and add them to the mutton about ¼ hour before it is to be served. Season with pepper and salt, add the ketchup and port wine, give one boil, and serve.

Time.—1 hour.

Average cost, exclusive of the cold meat, 9d.

Seasonable at any time.

HASHED MUTTON.

719. INGREDIENTS.—The remains of cold roast shoulder or leg of mutton, 6 whole peppers, 6 whole allspice, a faggot of savoury herbs, ½ of celery, 1 onion, 2 oz. of butter, flour.

Mode.—Cut the meat in nice even slices from the bones, trimming off all superfluous fat and gristle; chop the bones and fragments of the joint, put them into a stewpan with the pepper, spice, herbs, and celery; cover with water, and simmer for 1 hour. Slice and fry the onion of a nice pale-brown colour, dredge in a little flour to make it thick, and add this to the bones, &c. Stew for ¼ hour, strain the gravy, and let it cool; then skim off every particle of fat, and put it, with the meat, into a stewpan. Flavour with ketchup, Harvey's sauce; tomato sauce, or any flavouring that may be preferred, and let the meat gradually warm through, but not boil, or it will harden. To hash meat properly, it should be laid in cold gravy, and only left on the fire just long enough to warm through.

Time.—1½ hour to simmer the gravy.

Average cost, exclusive of the meat, 4d.

Seasonable at any time.

HASHED MUTTON.—Many persons express a decided aversion to hashed mutton; and, doubtless, this dislike has arisen from the fact that they have unfortunately never been properly served with this dish. If properly done, however, the meat tender (it ought to be as tender as when first roasted), the gravy abundant and well flavoured, and the sippets nicely toasted, and the whole served neatly; then, hashed mutton is by no means to be despised, and is infinitely more wholesome and appetizing than the cold leg or shoulder, of which fathers and husbands, and their bachelor friends, stand in such natural awe.
HODGE-PODGE
(Cold Meat Cookery).

720. INGREDIENTS.—About 1 lb. of underdone cold mutton, 2 lettuces, 1 pint of green peas, 5 or 6 green onions, 2 oz. of butter, pepper and salt to taste, ½ teacupful of water.

Mode.—Mince the mutton, and cut up the lettuces and onions in slices. Put these in a stewpan, with all the ingredients except the peas, and let these simmer very gently for ¾ hour, keeping them well stirred. Boil the peas separately, mix these with the mutton, and serve very hot.

Time.—¾ hour.

Sufficient for 3 or 4 persons.

Seasonable from the end of May to August.

IRISH STEW.

I.

721. INGREDIENTS.—3 lbs. of the loin or neck of mutton, 5 lbs. of potatoes, 5 large onions, pepper and salt to taste, rather more than 1 pint of water.

Mode.—Trim off some of the fat of the above quantity of loin or neck of mutton, and cut it into chops of a moderate thickness. Pare and halve the potatoes, and cut the onions into thick slices. Put a layer of potatoes at the bottom of a stewpan, then a layer of mutton and onions, and season with pepper and salt; proceed in this manner until the stewpan is full, taking care to have plenty of vegetables at the top. Pour in the water, and let it stew very gently for 2-½ hours, keeping the lid of the stewpan closely shut the whole time, and occasionally shaking it to prevent its burning.

Time.—2-½ hours.

Average cost, for this quantity, 2s. 8d.

Sufficient for 5 or 6 persons.

Seasonable.—More suitable for a winter dish.

II.

722. INGREDIENTS.—2 or 3 lbs. of the breast of mutton, 1-½ pint of water, salt and pepper to taste, 4 lbs. of potatoes, 4 large onions.

Mode.—Put the mutton into a stewpan with the water and a little salt, and let it stew gently for an hour; cut the meat into small pieces, skim the fat from the gravy, and pare and slice the potatoes and onions. Put all the ingredients into the stewpan in layers, first a layer of vegetables, then one of meat, and sprinkle seasoning of pepper
and salt between each layer; cover closely, and let the whole stew very gently for 1 hour of rather more, shaking it frequently to prevent its burning.

Time.—Rather more than 2 hours. Average cost, 1s, 6d.

Sufficient for 5 or 6 persons.

Seasonable.—Suitable for a winter dish.

Note.—Irish stew may be prepared in the same manner as above, but baked in a jar instead of boiled. About 2 hours or rather more in a moderate oven will be sufficient time to bake it.

ITALIAN MUTTON CUTLETS.

723. INGREDIENTS.—About 3 lbs. of the neck of mutton, clarified butter, the yolk of 1 egg, 4 tablespoonfuls of bread crumbs, 1 tablespoonful of minced savoury herbs, 1 tablespoonful of minced parsley, 1 teaspoonful of mincedshalot, 1 saltspoonful of finely-chopped lemon-peel; pepper, salt, and pounded mace to taste; flour, ½ pint of hot broth or water, 2 teaspoonfuls of Harvey’s sauce, 1 teaspoonful of soy, 2 teaspoonfuls of tarragon vinegar, 1 tablespoonful of port wine.

Mode.—Cut the mutton into nicely-shaped cutlets, flatten them, and trim off some of the fat, dip them in clarified butter, and then, into the beaten yolk of an egg. Mix well together bread crumbs, herbs, parsley, shalot, lemon-peel, and seasoning in the above proportion, and cover the cutlets with these ingredients. Melt some butter in a frying-pan, lay in the cutlets, and fry them a nice brown; take them, out, and keep them hot before the fire. Dredge some flour into the pan, and if there is not sufficient butter, add a little more; stir till it looks brown, then pour in the hot broth or water, and the remaining ingredients; give one boil, and pour round the cutlets. If the gravy should not be thick enough, add a little more flour. Mushrooms, when obtainable, are a great improvement to this dish, and when not in season, mushroom-powder may be substituted for them.

Time.—10 minutes;—rather longer, should the cutlets be very thick.

Average cost, 2s. 9d.

Sufficient for 5 or 6 persons.

Seasonable at any time.

THE DOWNS.—The well-known substance chalk, which the chemist regards as a nearly pure carbonate of lime, and the microscopist as an aggregation of inconceivably minute shells and corals, forms the sub-soil of the hilly districts of the south-east of England. The chalk-hills known as the South Downs start from the bold promontory of Beachy Head, traverse the county of Sussex from east to west, and pass through Hampshire into Surrey. The North Downs extend from Godalming, by Godstone, into Kent, and terminate in the line of cliffs which stretches from Dover to Ramsgate. The Downs are clothed with short verdant turf; but the layer of soil which rests upon the chalk is too thin to support trees and shrubs. The hills have rounded summits, and their smooth, undulated outlines are unbroken save by the sepulchral monuments of the early inhabitants of the country. The coombes and furrows,
which ramify and extend into deep valleys, appear like dried-up channels of streams and
drivulets. From time immemorial, immense flocks of sheep have been reared on these downs. The
herbage of these hills is remarkably nutritious; and whilst the natural healthiness of the
climate, consequent on the dryness of the air and the moderate elevation of the land, is
eminently favourable to rearing a superior race of sheep, the arable land in the immediate
neighbourhood of the Downs affords the means of a supply of other food, when the natural
produce of the hills fails. The mutton of the South-Down breed of sheep is highly valued for
its delicate flavour, and the wool for its fineness; but the best specimens of this breed, when
imported from England into the West Indies, become miserably lean in the course of a year or
two, and their woolly fleece gives place to a covering of short, crisp, brownish hair.

BROILED KIDS
(a Breakfast or Supper Dish).

724. INGREDIENTS.—Sheep kidneys, pepper and salt to taste.

Mode.—Ascertain that the kidneys are fresh, and cut them open very evenly,
lengthwise, down to the root, for should one half be thicker than the other, one would
be underdone whilst the other would be dried, but do not separate them; skin them,
and pass a skewer under the white part of each half to keep them flat, and broil over a
nice clear fire, placing the inside downwards; turn them when done enough on one
side, and cook them on the other. Remove the skewers, place the kidneys on a very
hot dish, season with pepper and salt, and put a tiny piece of butter in the middle of
each; serve very hot and quickly, and send very hot plates to table.

Time.—6 to 8 minutes.

Average cost, 1½d. each.

Sufficient.—Allow 1 for each person.

Seasonable at any time.

Note.—A prettier dish than the above may be made by serving the kidneys each on a
piece of buttered toast out in any fanciful shape. In this case a little lemon-juice will
be found an improvement.

FRIED KIDS.

725. INGREDIENTS.—Kidneys, butter, pepper
and salt to taste.

Mode.—Cut the kidneys open without quite
dividing them, remove the skin, and put a small
piece of butter in the frying-pan. When the butter
is melted, lay in the kidneys the flat side
downwards, and fry them for 7 or 8 minutes,
turning them when they are half-done. Serve on a piece of dry toast, season with
pepper and salt, and put a small piece of butter in each kidney; pour the gravy from
the pan over them, and serve very hot.

Time.—7 or 8 minutes.
Average cost, 1-½d. each.

Sufficient.—Allow 1 kidney to each person.

Seasonable at any time.

**ROAST HAUNCH OF MUTTON.**

726. INGREDIENTS.—Haunch of mutton, a little salt, flour.

*Mode.*—Let this joint hang as long as possible without becoming tainted, and while hanging dust flour over it, which keeps off the flies, and prevents the air from getting to it. If not well hung, the joint, when it comes to table, will neither do credit to the butcher or the cook, as it will not be tender. Wash the outside well, lest it should have a bad flavour from keeping; then flour it and put it down to a nice brisk fire, at some distance, so that it may gradually warm through. Keep continually basting, and about ½ hour before it is served, draw it nearer to the fire to get nicely brown. Sprinkle a little fine salt over the meat, pour off the dripping, add a little boiling water slightly salted, and strain this over the joint. Place a paper ruche on the bone, and send red-currant jelly and gravy in a tureen to table with it.

*Time.*—About 4 hours.

Average cost, 10d. per lb.

Sufficient for 8 to 10 persons.

Seasonable.—In best season from September to March.

**HOW TO BUY MEAT ECONOMICALLY.**—If the housekeeper is not very particular as to the precise joints to cook for dinner, there is oftentimes an opportunity for her to save as much money in her purchases of meat as will pay for the bread to eat with it. It often occurs, for instance, that the butcher may have a superfluity of certain joints, and these he would be glad to get rid of at a reduction of sometimes as much as 1d. or 1-½d. per lb., and thus in a joint of 8 or 9 lbs., will be saved enough to buy 2 quarter loaves. It frequently happens with many butchers, that, in consequence of a demand for legs and loins of mutton, they have only shoulders left, and these they will be glad to sell at a reduction.

**ROAST LEG OF MUTTON.**

727. INGREDIENTS.—Leg of mutton, a little salt.

*Mode.*—As mutton, when freshly killed, is never tender, hang it almost as long as it will keep; flour it, and put it in a cool airy place for a few days, if the weather will permit.
Wash off the flour, wipe it very dry, and cut off the shank-bone; put it down to a brisk clear fire, dredge with flour, and keep continually basting the whole time it is cooking. About 20 minutes before serving, draw it near the fire to get nicely brown; sprinkle over it a little salt, dish the meat, pour off the dripping, add some boiling water slightly salted, strain it over the joint, and serve.

*Time.*—A leg of mutton weighing 10 lbs., about 2-¼ or 2-½ hours; one of 7 lbs., about 2 hours, or rather less.

*Average cost,* 8½d. per lb.

*Sufficient.*—A moderate-sized leg of mutton sufficient for 6 or 8 persons.

*Seasonable* at any time, but not so good in June, July, and August.

**ROAST LOIN OF MUTTON.**

728. **INGREDIENTS.**—Loin of mutton, a little salt.

**Mode.**—Cut and trim off the superfluous fat, and see that the butcher joints the meat properly, as thereby much annoyance is saved to the carver, when it comes to table. Have ready a nice clear fire (it need not be a very wide large one), put down the meat, dredge with flour, and baste well until it is done. Make the gravy as for roast leg of mutton, and serve very hot.

*Time.*—A loin of mutton weighing 6 lbs., 1-½ hour, or rather longer.

*Average cost,* 8½d. per lb. *Sufficient* for 4 or 5 persons.

*Seasonable* at any time.

**ROLLED LOIN OF MUTTON (Very Excellent).**

729. **INGREDIENTS.**—About 6 lbs. of a loin of mutton, ½ teaspoonful of pepper, ¼ teaspoonful of pounded allspice, ¼ teaspoonful of mace, ¼ teaspoonful of nutmeg, 6 cloves, forcemeat No. 417, 1 glass of port wine, 2 tablespoonfuls of mushroom ketchup.

**Mode.**—Hang the mutton till tender, bone it, and sprinkle over it pepper, mace, cloves, allspice, and nutmeg in the above proportion, all of which must be pounded very fine. Let it remain for a day, then make a forcemeat by recipe No. 417, cover the meat with it, and roll and bind it up firmly. Half bake it in a slow oven, let it grow cold, take off the fat, and put the gravy into a stewpan; flour the meat, put it in the gravy, and stew it till perfectly tender. Now take out the meat, unbind it, add to the
gravy wine and ketchup as above, give one boil, and pour over the meat. Serve with red-currant jelly; and, if obtainable, a few mushrooms stewed for a few minutes in the gravy, will be found a great improvement.

Time.—1-½ hour to bake the meat, 1-½ hour to stew gently.

Average cost, 4s. 9d. Sufficient for 5 or 6 persons.

Seasonable at any time.

Note.—This joint will be found very nice if rolled and stuffed, as here directed, and plainly roasted. It should be well basted, and served with a good gravy and currant jelly.

BOILED NECK OF MUTTON.

730. INGREDIENTS.—4 lbs. of the middle, or best end of the neck of mutton; a little salt.

Mode.—Trim off a portion of the fat, should there be too much, and if it is to look particularly nice, the chine-bone should be sawn down, the ribs stripped halfway down, and the ends of the bones chopped off; this is, however, not necessary. Put the meat into sufficient boiling water to cover it; when it boils, add a little salt and remove all the scum. Draw the saucepan to the side of the fire, and let the water get so cool that the finger may be borne in it; then simmer very slowly and gently until the meat is done, which will be in about 1-½ hour, or rather more, reckoning from the time that it begins to simmer.

Serve with turnips and caper sauce, No. 382, and pour a little of it over the meat. The turnips should be boiled with the mutton; and, when at hand, a few carrots will also be found an improvement. These, however, if very large and thick, must be cut into long thinnish pieces, or they will not be sufficiently done by the time the mutton is ready. Garnish the dish with carrots and turnips placed alternately round the mutton.

Time.—4 lbs. of the neck of mutton, about 1-½ hour.

Average cost, 8-½ d. per lb.

Sufficient for 6 or 7 persons.

Seasonable at any time.

THE POETS ON SHEEP.—The keeping of flocks seems to have been the first employment of mankind; and the most ancient sort of poetry was probably pastoral. The poem known as the Pastoral gives a picture of the life of the simple shepherds of the golden age, who are supposed to have beguiled their time in singing. In all pastorals, repeated allusions are made to the "fleecy flocks," the "milk-white lambs," and "the tender ewes;" indeed, the sheep occupy a position in these poems inferior only to that of the shepherds who tend them. The "nibbling sheep" has ever been a favourite of the poets, and has supplied them with figures and similes without end. Shakspere frequently compares men to sheep. When Gloster rudely drives the lieutenant from the side of Henry VI., the poor king thus touchingly speaks of his helplessness;—

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"So flies the reckless shepherd from the wolf:
So first the harmless sheep doth yield his fleece,
And next his throat, unto the butcher's knife."

In the "Two Gentlemen of Verona," we meet with the following humorous comparison:—

"Proteus. The sheep for fodder follow the shepherd, the shepherd for food follows not the sheep: thou for wages followest thy master, thy master for wages follows not thee; therefore, thou art a sheep.

"Speed. Such another proof will make me cry baa."

The descriptive poets give us some charming pictures of sheep. Every one is familiar with the sheep-shearing scene in Thomson's "Seasons:"—

"Heavy and dripping, to the breezy brow
Slow move the harmless race; where, as they spread
Their dwelling treasures to the sunny ray,
Inly disturb'd, and wond'ring what this wild
Outrageous tumult means, their loud complaints
The country fill; and, toss'd from rock to rock,
Incessant bleatings run around the hills."

What an exquisite idea of stillness is conveyed in the oft-quoted line from Gray's "Elegy:"—

"And drowsy tinklings lull the distant fold."

From Dyer's quaint poem of "The Fleece" we could cull a hundred passages relating to sheep; but we have already exceeded our space. We cannot, however, close this brief notice of the allusions that have been made to sheep by our poets, without quoting a couple of verses from Robert Burns's "Elegy on Poor Mailie," his only "pet yowe:"—

"Thro' a' the town she troll'd by him;
A lang half-mile she could descry him;
Wi' kindly bleat, when she did spy him.
She ran wi' speed;
A friend mair faithfu' ne'er cam' nigh him
Than Mailie dead.

"I wat she was a sheep o' sense.
An' could behave hersel' wi' mense;
I'll say't, she never brak a fence,
Thro' thievish greed.
Our bardie, lanely, keeps the spence,
Sin' Mailie's dead."

**MUTTON COLLOPS**
(Cold Meat Cookery).

731. INGREDIENTS.—A few slices of a cold leg or loin of mutton, salt and pepper to taste, 1 blade of pounded mace, 1 small bunch of savoury herbs minced very fine, 2 or 3 shalots, 2 or 3 oz. of butter, 1 dessertspoonful of flour, ½ pint of gravy, 1 tablespoonful of lemon-juice.

**Mode.**—Cut some very thin slices from a leg or the chump end of a loin of mutton; sprinkle them with pepper, salt, pounded mace, minced savoury herbs, and minced
shalot; fry them in butter, stir in a dessertspoonful of flour, add the gravy and lemon-
juice, simmer very gently about 5 or 7 minutes, and serve immediately.

*Time.*—5 to 7 minutes.

*Average cost,* exclusive of the meat, 6d.

*Seasonable* at any time.

**MUTTON CUTLETS WITH MASHED POTATOES.**

732. **INGREDIENTS.**—About 3 lbs. of the best end of the neck of mutton, salt and pepper to taste, mashed potatoes.

*Mode.*—Procure a well-hung neck of mutton, saw off about 3 inches of the top of the bones, and cut the cutlets of a moderate thickness. Shape them by chopping off the thick part of the chine-bone; beat them flat with a cutlet-chopper, and scrape quite clean, a portion of the top of the bone. Broil them over a nice clear fire for about 7 or 8 minutes, and turn them frequently. Have ready some smoothly-mashed white potatoes; place these in the middle of the dish; when the cutlets are done, season with pepper and salt; arrange them round the potatoes, with the thick end of the cutlets downwards, and serve very hot and quickly.

*Time.*—7 or 8 minutes. *Average cost,* for this quantity, 2s. 4d.

*Sufficient* for 5 or 6 persons.

*Seasonable* at any time.

*Note.*—Cutlets may be served in various ways; with peas, tomatoes, onions, sauce piquante, &c.

**MUTTON PIE**

(Cold Meat Cookery).

733. **INGREDIENTS.**—The remains of a cold leg, loin, or neck of mutton, pepper and salt to taste, 2 blades of pounded mace, 1 dessertspoonful of chopped parsley, 1 teaspoonful of minced savoury herbs; when liked, a little minced onion or shalot; 3 or 4 potatoes, 1 teacupful of gravy; crust.

*Mode.*—Cold mutton may be made into very good pies if well seasoned and mixed with a few herbs; if the leg is used, cut it into very thin slices; if the loin or neck, into thin cutlets. Place some at the bottom of the dish; season well with pepper, salt, mace, parsley, and herbs; then put a layer of potatoes sliced, then more mutton, and so on till the dish is full; add the gravy, cover with a crust, and bake for 1 hour.
Time.—1 hour.

Seasonable at any time.

Note.—The remains of an underdone leg of mutton may be converted into a very good family pudding, by cutting the meat into slices, and putting them into a basin lined with a suet crust. It should be seasoned well with pepper, salt, and minced shalot, covered with a crust, and boiled for about 3 hours.

MUTTON PIE.

734. INGREDIENTS.—2 lbs. of the neck or loin of mutton, weighed after being boned; 2 kidneys, pepper and salt to taste, 2 teacupfuls of gravy or water, 2 tablespoonfuls of minced parsley; when liked, a little minced onion or shalot; puff crust.

Mode.—Bone the mutton, and cut the meat into steaks all of the same thickness, and leave but very little fat. Cut up the kidneys, and arrange these with the meat neatly in a pie-dish; sprinkle over them the minced parsley and a seasoning of pepper and salt; pour in the gravy, and cover with a tolerably good puff crust. Bake for 1-½ hour, or rather longer, should the pie be very large, and let the oven be rather brisk. A well-made suet crust may be used instead of puff crust, and will be found exceedingly good.

Time.—1-½ hour, or rather longer. Average cost, 2s.

Sufficient for 6 or 6 persons.

Seasonable at any time.

MUTTON PUDDING.

735. INGREDIENTS.—About 2 lbs. of the chump end of the loin of mutton, weighed after being boned; pepper and salt to taste, suet crust made with milk (see Pastry), in the proportion of 6 oz. of suet to each pound of flour; a very small quantity of minced onion (this may be omitted when the flavour is not liked).

Mode.—Cut the meat into rather thin slices, and season them with pepper and salt; line the pudding-dish with crust; lay in the meat, and nearly, but do not quite, fill it up with water; when the flavour is liked, add a small quantity of minced onion; cover with crust, and proceed in the same manner as directed in recipe No. 605, using the same kind of pudding-dish as there mentioned.

Time.—About 3 hours. Average cost, 1s. 9d.

Sufficient for 6 persons.

Seasonable all the year, but more suitable in winter.
RAGOUT OF COLD NECK OF MUTTON
(Cold Meat Cookery).

736. INGREDIENTS.—The remains of a cold neck or loin of mutton, 2 oz. of butter, a little flour, 2 onions sliced, ¼ pint of water, 2 small carrots, 2 turnips, pepper and salt to taste.

Mode.—Cut the mutton into small chops, and trim off the greater portion of the fat; put the butter into a stewpan, dredge in a little flour, add the sliced onions, and keep stirring till brown; then put in the meat. When this is quite brown, add the water, and the carrots and turnips, which should be cut into very thin slices; season with pepper and salt, and stew till quite tender, which will be in about ¾ hour. When in season, green peas may be substituted for the carrots and turnips: they should be piled in the centre of the dish, and the chops laid round.

Time.—¾ hour. Average cost, exclusive of the meat, 4d.

Seasonable, with peas, from June to August.

ROAST NECK OF MUTTON.

737. INGREDIENTS.—Neck of mutton; a little salt.

Mode.—For roasting, choose the middle, or the best end, of the neck of mutton, and if there is a very large proportion of fat, trim off some of it, and save it for making into suet puddings, which will be found exceedingly good. Let the bones be cut short and see that it is properly jointed before it is laid down to the fire, as they will be more easily separated when they come to table. Place the joint at a nice brisk fire, dredge it with flour, and keep continually basting until done. A few minutes before serving, draw it nearer the fire to acquire a nice colour, sprinkle over it a little salt, pour off the dripping, add a little boiling water slightly salted, strain this over the meat and serve. Red-currant jelly may be sent to table with it.

Time.—4 lbs. of the neck of mutton, rather more than 1 hour.

Average cost, 8½d. per lb.

Sufficient for 4 or 5 persons. Seasonable at any time.

WOOLLEN MANUFACTURES.—The distinction between hair and wool is rather arbitrary than natural, consisting in the greater or less degrees of fineness, softness and pliability of the fibres. When the fibres possess these properties so far as to admit of their being spun and woven into a texture sufficiently pliable to be used as an article of dress, they are called wool. The sheep, llama, Angora goat, and the goat of Thibet, are the animals from which most of the wool used in manufactures is obtained. The finest of all wools is that from the goat of Thibet, of which the Cashmere shawls are made. Of European wools, the finest is that yielded by the
Merino sheep, the Spanish and Saxon breeds taking the precedence. The Merino sheep, as now naturalized in Australia, furnishes an excellent fleece; but all varieties of sheep-wool, reared either in Europe or Australia are inferior in softness of feel to that grown in India, and to that of the Llama of the Andes. The best of our British wools are inferior in fineness to any of the above-mentioned, being nearly twelve times the thickness of the finest Spanish merino; but for the ordinary purposes of the manufacturer, they are unrivalled.

**ROAST SADDLE OF MUTTON.**

738. **INGREDIENTS.**—Saddle of mutton; a little salt.

**Mode.**—To insure this joint being tender, let it hang for ten days or a fortnight, if the weather permits. Cut off the tail and flaps and trim away every part that has not indisputable pretensions to be eaten, and have the skin taken off and skewered on again. Put it down to a bright, clear fire, and, when the joint has been cooking for an hour, remove the skin and dredge it with flour. It should not be placed too near the fire, as the fat should not be in the slightest degree burnt. Keep constantly basting, both before and after the skin is removed; sprinkle some salt over the joint. Make a little gravy in the dripping-pan; pour it over the meat, which send to table with a tureen of made gravy and red-currant jelly.

**Time.**—A saddle of mutton weighing 10 lbs., 2-½ hours; 14 lbs., 3-¼ hours. When liked underdone, allow rather less time.

**Average cost,** 10d. per lb.

**Sufficient.**—A moderate-sized saddle of 10 lbs. for 7 or 8 persons.

**Seasonable** all the year; not so good when lamb is in full season.

**ROAST SHOULDER OF MUTTON.**

739. **INGREDIENTS.**—Shoulder of mutton; a little salt.

**Mode.**—Put the joint down to a bright, clear fire; flour it well, and keep continually basting. About ¼ hour before serving, draw it near the fire, that the outside may acquire a nice brown colour, but not sufficiently near to blacken the fat. Sprinkle a little fine salt over the meat, empty the dripping-pan of its contents, pour in a little boiling water slightly salted, and strain this over the joint. Onion sauce, or stewed Spanish onions, are usually sent to table with this dish, and sometimes baked potatoes.
Time.—A shoulder of mutton weighing 6 or 7 lbs., 1½ hour.

Average cost, 8d. per lb.

Sufficient for 5 or 6 persons. Seasonable at any time.

Note.—Shoulder of mutton may be dressed in a variety of ways; boiled, and served with onion sauce; boned, and stuffed with a good veal forcemeat; or baked, with sliced potatoes in the dripping-pan.

THE ETTRICK SHEPHERD.—James Hogg was perhaps the most remarkable man that ever wore the mao of a shepherd. Under the garb, aspect, and bearing of a rude peasant (and rude enough he was in most of these things, even after no inconsiderable experience of society), the world soon discovered a true poet. He taught himself to write, by copying the letters of a printed book as he lay watching his flock on the hillside, and believed that he had reached the utmost pitch of his ambition when he first found that his artless rhymes could touch the heart of the ewe-milker who partook the shelter of his mantle during the passing storm. If “the shepherd” of Professor Wilson’s “Noctes Ambrosianae” may be taken as a true portrait of James Hogg, we must admit that, for quaintness of humour, the poet of Ettrick Forest had few rivals. Sir Walter Scott said that Hogg’s thousand little touches of absurdity afforded him more entertainment than the best comedy that ever set the pit in a roar. Among the written productions of the shepherd-poet, is an account of his own experiences in sheep-tending, called “The Shepherd’s Calender.” This work contains a vast amount of useful information upon sheep, their diseases, habits, and management. The Ettrick Shepherd died in 1835.

SHEEP’S BRAINS, EN MATELOTE
(an Entree).

740. INGREDIENTS.—6 sheep’s brains, vinegar, salt, a few slices of bacon, 1 small onion, 2 cloves, a small bunch of parsley, sufficient stock or weak broth to cover the brains, 1 tablespoonful of lemon-juice, matelote sauce, No. 512.

Mode.—Detach the brains from the heads without breaking them, and put them into a pan of warm water; remove the skin, and let them remain for two hours. Have ready a saucepan of boiling water, add a little vinegar and salt, and put in the brains. When they are quite firm, take them out and put them into very cold water. Place 2 or 3 slices of bacon in a stewpan, put in the brains, the onion stuck with 2 cloves, the parsley, and a good seasoning of pepper and salt; cover with stock, or weak broth, and boil them gently for about 25 minutes. Have ready some croûtons; arrange these in the dish alternately with the brains, and cover with a matelote sauce, No. 512, to which has been added the above proportion of lemon-juice.

Time.—25 minutes. Average cost, 1s. 6d.

Sufficient for 6 persons.

Seasonable at any time.
SHEEP'S FEET or TROTTERS
(Soyer's Recipe).

741. INGREDIENTS.—12 feet, ¼ lb. of beef or mutton suet, 2 onions, 1 carrot, 2 bay-leaves, 2 sprigs of thyme, 1 oz. of salt, ¼ oz. of pepper, 2 tablespoonfuls of flour, 2-½ quarts of water, ¼ lb. of fresh butter, 1 teaspoonful of salt, 1 teaspoonful of flour, ¾ teaspoonful of pepper, a little grated nutmeg, the juice of 1 lemon, 1 gill of milk, the yolks of 2 eggs.

Mode.—Have the feet cleaned, and the long bone extracted from them. Put the suet into a stewpan, with the onions and carrot sliced, the bay-leaves, thyme, salt, and pepper, and let these simmer for 5 minutes. Add 2 tablespoonfuls of flour and the water, and keep stirring till it boils; then put in the feet. Let these simmer for 3 hours, or until perfectly tender, and take them and lay them on a sieve. Mix together, on a plate, with the back of a spoon, butter, salt, flour (1 teaspoonful), pepper, nutmeg, and lemon-juice as above, and put the feet, with a gill of milk, into a stewpan. When very hot, add the butter, &c., and stir continually till melted. Now mix the yolks of 2 eggs with 5 tablespoonfuls of milk; stir this to the other ingredients, keep moving the pan over the fire continually for a minute or two, but do not allow it to boil after the eggs are added. Serve in a very hot dish, and garnish with croûtons, or sippets of toasted bread.

Time.—3 hours. Average cost, 1s. 6d.

Sufficient for 4 persons.

Seasonable at any time.

TO DRESS A SHEEP'S HEAD.

742. INGREDIENTS.—1 sheep's, sufficient water to cover it, 3 carrots, 3 turnips, 2 or 3 parsnips, 3 onions, a small bunch of parsley, 1 teaspoonful of pepper, 3 teaspoonfuls of salt, ¼ lb. of Scotch oatmeal.

Mode.—Clean the well, and let it soak in warm water for 2 hours, to get rid of the blood; put it into a saucepan, with sufficient cold water to cover it, and when it boils, add the vegetables, peeled and sliced, and the remaining ingredients; before adding the oatmeal, mix it to a smooth batter with a little of the liquor. Keep stirring till it boils up; then shut the saucepan closely, and let it stew gently for 1-½ or 2 hours. It may be thickened with rice or barley, but oatmeal is preferable.

Time.—1-½ or 2 hours. Average cost, 8d. each.

Sufficient for 3 persons.

Seasonable at any time.

SINGED SHEEP'S HEAD.—The village of Dudingston, which stands "within a mile of Edinburgh town," was formerly celebrated for this ancient and homely Scottish dish. In the summer months, many opulent citizens used to resort to this place to solace themselves over singed sheep's heads, boiled or baked. The sheep fed upon the neighbouring hills were
slaughtered at this village, and the carcases were sent to town; but the heads were left to be consumed in the place. We are not aware whether the custom of eating sheep's heads at Dudingston is still kept up by the good folks of Edinburgh.

TOAD-IN-THE-HOLE
(Cold Meat Cookery).

743. INGREDIENTS.—6 oz. of flour, 1 pint of milk, 3 eggs, butter, a few slices of cold mutton, pepper and salt to taste, 2 kidneys.

Mode.—Make a smooth batter of flour, milk, and eggs in the above proportion; butter a baking-dish, and pour in the batter. Into this place a few slices of cold mutton, previously well seasoned, and the kidneys, which should be cut into rather small pieces; bake about 1 hour, or rather longer, and send it to table in the dish it was baked in. Oysters or mushrooms may be substituted for the kidneys, and will be found exceedingly good.

Time.—Rather more than 1 hour.

Average cost, exclusive of the cold meat, 8d.

Seasonable at any time.

BREAST OF LAMB AND GREEN PEAS.

744. INGREDIENTS.—1 breast of lamb, a few slices of bacon, ¼ pint of stock No. 105, 1 lemon, 1 onion, 1 bunch of savoury herbs, green peas.

Mode.—Remove the skin from a breast of lamb, put it into a saucepan of boiling water, and let it simmer for 5 minutes. Take it out and lay it in cold water. Line the bottom of a stewpan with a few thin slices of bacon; lay the lamb on these; peel the lemon, cut it into slices, and put these on the meat, to keep it white and make it tender; cover with 1 or 2 more slices of bacon; add the stock, onion, and herbs, and set it on a slow fire to simmer very gently until tender. Have ready some green peas, put these on a dish, and place the lamb on the top of these. The appearance of this dish may be much improved by glazing the lamb, and spinach may be substituted for the peas when variety is desired.

Time.—1½ hour. Average cost, 10d. per lb.

Sufficient for 3 persons.

Seasonable.—grass lamb, from Easter to Michaelmas.

THE LAMB AS A SACRIFICE.—The number of lambs consumed in sacrifices by the Hebrews must have been very considerable. Two lambs "of the first year" were appointed to be sacrificed daily for the morning and evening sacrifice; and a lamb served as a substitute for the first-born of unclean animals, such as the ass, which could not be accepted as an offering to the Lord. Every year, also, on the anniversary of the deliverance of the children of Israel from the bondage of Egypt, every family was ordered to sacrifice a lamb or kid, and to sprinkle some of its blood upon the door-posts, in commemoration of the judgment of God upon the Egyptians. It was to be eaten roasted, with unleavened bread and bitter herbs, in
haste, with the loins girded, the shoes on the feet, and the staff in the hand; and whatever remained until the morning was to be burnt. The sheep was also used in the numerous special, individual, and national sacrifices ordered by the Jewish law. On extraordinary occasions, vast quantities of sheep were sacrificed at once; thus Solomon, on the completion of the temple, offered "sheep and oxen that could not be told nor numbered for multitude."

**STEWED BREAST OF LAMB.**

745. **INGREDIENTS.**—1 breast of lamb, pepper and salt to taste, sufficient stock, No. 105, to cover it, 1 glass of sherry, thickening of butter and flour.

*Mode.*—Skin the lamb, cut it into pieces, and season them with pepper and salt; lay these in a stewpan, pour in sufficient stock or gravy to cover them, and stew very gently until tender, which will be in about 1-½ hour. Just before serving, thicken the sauce with a little butter and flour; add the sherry, give one boil, and pour it over the meat. Green peas, or stewed mushrooms, may be strewed over the meat, and will be found a very great improvement.

*Time.*—1-½ hour. *Average cost,* 10d. per lb.

*Sufficient* for 3 persons.

*Seasonable,*—grass lamb, from Easter to Michaelmas.

**LAMB CHOPS.**

746. **INGREDIENTS.**—Loin of lamb, pepper and salt to taste.

*Mode.*—Trim off the flap from a fine loin of lamb, aid cut it into chops about ¾ inch in thickness. Have ready a bright clear fire; lay the chops on a gridiron, and broil them of a nice pale brown, turning them when required. Season them with pepper and salt; serve very hot and quickly, and garnish with crisped parsley, or place them on mashed potatoes. Asparagus, spinach, or peas are the favourite accompaniments to lamb chops.

*Time.*—About 8 or 10 minutes. *Average cost,* 1s. per lb.

*Sufficient.*—Allow 2 chops to each person.

*Seasonable* from Easter to Michaelmas.

**LAMB CUTLETS AND SPINACH**  
(an Entree).

747. **INGREDIENTS.**—8 cutlets, egg and bread crumbs, salt and pepper to taste, a little clarified butter.

*Mode.*—Cut the cutlets from a neck of lamb, and shape them by cutting off the thick part of the chine-bone. Trim off most of the fat and all the skin, and scrape the top part of the bones quite clean. Brush the cutlets over with egg, sprinkle them with bread crumbs, and season with pepper and salt. Now dip them into clarified butter,
sprinkle over a few more bread crumbs, and fry them over a sharp fire, turning them when required. Lay them before the fire to drain, and arrange them on a dish with spinach in the centre, which should be previously well boiled, drained, chopped, and seasoned.

_Time._—About 7 or 8 minutes. _Average cost_, 10d. per lb.

_Sufficient_ for 4 persons.

_Seasonable_ from Easter to Michaelmas.

_Note._—Peas, asparagus, or French beans, may be substituted for the spinach; or lamb cutlets may be served with stewed cucumbers, Soubise sauce, &c. &c.

**LAMB'S FRY.**

748. INGREDIENTS.—1 lb. of lamb's fry, 3 pints of water, egg and bread crumbs, 1 teaspoonful of chopped parsley, salt and pepper to taste.

_Mode._—Boil the fry for ¼ hour in the above proportion of water, take it out and dry it in a cloth; grate some bread down finely, mix with it a teaspoonful of chopped parsley and a high seasoning of pepper and salt. Brush the fry lightly over with the yolk of an egg, sprinkle over the bread crumbs, and fry for 5 minutes. Serve very hot on a napkin in a dish, and garnish with plenty of crisped parsley.

_Time._—1 hour to simmer the fry, 5 minutes to fry it.

_Average cost_, 10d. per lb.

_Sufficient_ for 2 or 3 persons.

_Seasonable_ from Easter to Michaelmas.

**HASHED LAMB AND BROILED BLADE-BONE.**

749. INGREDIENTS.—The remains of a cold shoulder of lamb, pepper and salt to taste, 2 oz. of butter, about ½ pint of stock or gravy, 1 tablespoonful of shalot vinegar, 3 or 4 pickled gherkins.

_Mode._—Take the blade-bone from the shoulder, and cut the meat into collops as neatly as possible. Season the bone with pepper and salt, pour a little oiled butter over it, and place it in the oven to warm through. Put the stock into a stewpan, add the ketchup and shalot vinegar, and lay in the pieces of lamb. Let these heat gradually through, but do not allow them to boil. Take the blade-bone out of the oven, and place it on a gridiron over a sharp fire to brown. Slice the gherkins, put them into the hash, and dish it with the blade-bone in the centre. It may be garnished with croutons or sippets of toasted bread.

_Time._—Altogether ½ hour. _Average cost_, exclusive of the meat, 4d.
Seasonable.—house lamb, from Christmas to March; grass lamb, from Easter to Michaelmas.

ROAST FORE-QUARTER OF LAMB.

750. INGREDIENTS.—Lamb, a little salt.

Mode.—To obtain the flavour of lamb in perfection, it should not be long kept; time to cool is all that it requires; and though the meat may be somewhat thready, the juices and flavour will be infinitely superior to that of lamb that has been killed 2 or 3 days. Make up the fire in good time, that it may be clear and brisk when the joint is put down. Place it at a sufficient distance to prevent the fat from burning, and baste it constantly till the moment of serving. Lamb should be very thoroughly done without being dried up, and not the slightest appearance of red gravy should be visible, as in roast mutton: this rule is applicable to all young white meats. Serve with a little gravy made in the dripping-pan, the same as for other roasts, and send to table with it a tureen of mint sauce, No. 469, and a fresh salad. A cut lemon, a small piece of fresh butter, and a little cayenne, should also be placed on the table, so that when the carver separates the shoulder from the ribs, they may be ready for his use; if, however, he should not be very expert, we would recommend that the cook should divide these joints nicely before coming to table.

Time.—Fore-quarter of lamb weighing 10 lbs., 1-¾ to 2 hours.

Average cost, 10d. to 1s. per lb. Sufficient for 7 or 8 persons.

Seasonable.—grass lamb, from Easter to Michaelmas.

BOILED LEG OF LAMB A LA BECHAMEL.

751. INGREDIENTS.—Leg of lamb, Béchamel sauce, No. 367.

Mode.—Do not choose a very large joint, but one weighing about 5 lbs. Have ready a saucepan of boiling water, into which plunge the lamb, and when it boils up again, draw it to the side of the fire, and let the water cool a little. Then stew very gently for about 1-¼ hour, reckoning from the time that the water begins to simmer. Make some Béchamel by recipe No. 367, dish the lamb, pour the sauce over it, and garnish with tufts of boiled cauliflower or carrots. When liked, melted butter may be substituted for the Béchamel: this is a more simple method, but not nearly so nice. Send to table with it some of the sauce in a tureen, and boiled cauliflowers or spinach, with whichever vegetable the dish is garnished.

Time.—1-¼ hour after the water simmers.

Average cost, 10d. to 1s. per lb. Sufficient for 4 or 5 persons.
Seasonable from Easter to Michaelmas.

**ROAST LEG OF LAMB.**

752. INGREDIENTS.—Lamb, a little salt.

*Mode.*—Place the joint at a good distance from the fire at first, and baste well the whole time it is cooking. When nearly done, draw it nearer the fire to acquire a nice brown colour. Sprinkle a little fine salt over the meat, empty the dripping-pan of its contents; pour in a little boiling water, and strain this over the meat. Serve with mint sauce and a fresh salad, and for vegetables send peas, spinach, or cauliflowers to table with it.

*Time.*—A leg of lamb weighing 5 lbs., 1-½ hour.

*Average cost,* 10d. to 1s. per lb. *Sufficient* for 4 or 5 persons.

Seasonable from Easter to Michaelmas.

**BRAISED LOIN OF LAMB.**

753. INGREDIENTS.—1 loin of lamb, a few slices of bacon, 1 bunch of green onions, 5 or 6 young carrots, a bunch of savoury herbs, 2 blades of pounded mace, 1 pint of stock, salt to taste.

*Mode.*—Bone a loin of lamb, and line the bottom of a stewpan just capable of holding it, with a few thin slices of fat bacon; add the remaining ingredients, cover the meat with a few more slices of bacon, pour in the stock, and simmer very gently for 2 hours; take it up, dry it, strain and reduce the gravy to a glaze, with which glaze the meat, and serve it either on stewed peas, spinach, or stewed cucumbers.

*Time.*—2 hours. *Average cost,* 11d. per lb.

*Sufficient* for 4 or 5 persons.

Seasonable from Easter to Michaelmas.
THE BOOK OF HOUSEHOLD MANAGEMENT

ROAST SADDLE OF LAMB.

754. INGREDIENTS.—Lamb; a little salt.

Mode.—This joint is now very much in vogue, and is generally considered a nice one for a small party. Have ready a clear brisk fire; put down the joint at a little distance, to prevent the fat from scorching, and keep it well basted all the time it is cooking. Serve with mint sauce and a fresh salad, and send to table with it, either peas, cauliflowers, or spinach.

Time.—A small saddle, 1½ hour; a large one, 2 hours.

Average cost, 10d. to 1s. per lb.

Sufficient for 5 or 6 persons.

Seasonable from Easter to Michaelmas.

Note.—Loin and ribs of lamb are roasted in the same manner, and served with the same sauces as the above. A loin will take about 1¼ hour; ribs, from 1 to 1¼ hour.

ROAST SHOULDER OF LAMB.

755. INGREDIENTS.—Lamb; a little salt.

Mode.—Have ready a clear brisk fire, and put down the joint at a sufficient distance from it, that the fat may not burn. Keep constantly basting until done, and serve with a little gravy made in the dripping-pan, and send mint sauce to table with it. Peas, spinach, or cauliflowers are the usual vegetables served with lamb, and also a fresh salad.

Time.—A shoulder of lamb rather more than 1 hour.

Average cost, 10s. to 1s. per lb.

Sufficient for 4 or 5 persons.

Seasonable from Easter to Michaelmas.
SHOULDER OF LAMB STUFFED.

756. INGREDIENTS.—Shoulder of lamb, forcemeat No. 417, trimmings of veal or beef, 2 onions, ½ of celery, 1 faggot of savoury herbs, a few slices of fat bacon, 1 quart of stock No. 105.

Mode.—Take the blade-bone out of a shoulder of lamb, fill up its place with forcemeat, and sew it up with coarse thread. Put it into a stewpan with a few slices of bacon under and over the lamb, and add the remaining ingredients. Stew very gently for rather more than 2 hours. Reduce the gravy, with which glaze the meat, and serve with peas, stewed cucumbers, or sorrel sauce.

Time.—Rather more than 2 hours. Average cost, 10d. to 1s. per lb.

Sufficient for 4 or 5 persons.

Seasonable from Easter to Michaelmas.

LAMB’S SWEETBREADS, LARDED, AND ASPARAGUS (an Entree).

757. INGREDIENTS.—2 or 3 sweetbreads, ½ pint of veal stock, white pepper and salt to taste, a small bunch of green onions, 1 blade of pounded mace, thickening of butter and flour, 2 eggs, nearly ½ pint of cream, 1 teaspoonful of minced parsley, a very little grated nutmeg.

Mode.—Soak the sweetbreads in lukewarm water, and put them into a saucepan with sufficient boiling water to cover them, and let them simmer for 10 minutes; then take them out and put them into cold water. Now lard them, lay them in a stewpan, add the stock, seasoning, onions, mace, and a thickening of butter and flour, and stew gently for ¼ hour or 20 minutes. Beat up the egg with the cream, to which add the minced parsley and a very little grated nutmeg. Put this to the other ingredients; stir it well till quite hot, but do not let it boil after the cream is added, or it will curdle. Have ready some asparagus-tops, boiled; add these to the sweetbreads, and serve.

Time.—Altogether ½ hour. Average cost, 2s. 6d. to 3s. 6d. each.

Sufficient—3 sweetbreads for 1 entrée.

Seasonable from Easter to Michaelmas.

ANOTHER WAY TO DRESS SWEETBREADS (an Entree).

758. INGREDIENTS.—Sweetbreads, egg and bread crumbs, ½ pint of gravy, No. 442, ½ glass of sherry.

Mode.—Soak the sweetbreads in water for an hour, and throw them into boiling water to render them firm. Let them stew gently for about ¼ hour, take them out and put them into a cloth to drain all the water from them. Brush them over with egg, sprinkle them with bread crumbs, and either brown them in the oven or before the fire. Have
ready the above quantity of gravy, to which add ½ glass of sherry; dish the
sweetbreads, pour the gravy under them, and garnish with water-cresses.

Time.—Rather more than ½ hour. Average cost, 2s. 6d. to 3s. 6d. each.

Sufficient—3 sweetbreads for 1 entrée.

Seasonable from Easter to Michaelmas.

Mutton and Lamb carving.

HAUNCH OF MUTTON.

759. A deep cut should, in the first place, be
made quite down to the bone, across the
knuckle-end of the joint, along the line 1 to 2.
This will let the gravy escape; and then it
should be carved, in not too of the haunch, in
the direction of the line from 4 to 3.

LEG OF MUTTON.

760. This homely, but capital English joint, is alm ost
invariably served at table as shown in the engravin g.
The carving of it is not very difficult: the knife should be
carried sharply down in the direction of the line from 1
to 2, and slices taken from either side, as the guests may
desire, some liking the knuckle-end, as well done, and
others preferring the more underdone part. The fat
should be sought near the line 3 to 4. Some connoisseurs
are fond of having this joint dished with the under-side uppermost, so as to get at the
finely-grained meat lying under that part of the me at, known as the Pope's eye; but
this is an extravagant fashion, and one that will hardly find favour in the eyes of many
economical British housewives and housekeepers.

LOIN OF MUTTON.

761. There is one point in connection with carving a
loin of mutton which includes every other; that is,
that the joint should be thoroughly well jointed by
the butcher before it is cooked. This knack of
jointing requires practice and the proper tools; and
no one but the butcher is supposed to have these. If
the bones be not well jointed, the carving of a loin of
mutton is not a gracious business; whereas, if that
has been attended to, it is an easy and untroublesome task. The knife should be
inserted at fig. 1, and after feeling your way between the bones, it should be carried
sharply in the direction of the line 1 to 2. As there are some people who prefer the
outside cut, while others do not like it, the question as to their choice of this should be
asked.
SADDLE OF MUTTON.

762. Although we have heard, at various intervals, growlings expressed at the inevitable "saddle of mutton" at the dinner-parties of our middle classes, yet we doubt whether any other joint is better liked, when it has been well hung and artistically cooked. There is a diversity of opinion respecting the mode of sending this joint to table; but it has only reference to whether or no there shall be any portion of the tail, or, if so, how many joints of the tail. We ourselves prefer the mode as shown in our coloured illustration "O;" but others may, upon equally good grounds, like the way shown in the engraving on this page. Some trim the tail with a paper frill. The carving is not difficult: it is usually cut in the direction of the line from 2 to 1, quite down to the bones, in evenly-sliced pieces. A fashion, however, patronized by some, is to carve it obliquely, in the direction of the line from 4 to 3; in which case the joint would be turned round the other way, having the tail end on the right of the carver.

SHOULDER OF MUTTON.

763. This is a joint not difficult to carve. The knife should be drawn from the outer edge of the shoulder in the direction of the line from 1 to 2, until the bone of the shoulder is reached. As many slices as can be carved in this manner should be taken, and afterwards the meat lying on either side of the blade-bone should be served, by carving in the direction of 3 to 4 and 3 to 4. The uppermost side of the shoulder being now finished, the joint should be turned, and slices taken off along its whole length. There are some who prefer this under-side of the shoulder for its juicy flesh, although the grain of the meat is not so fine as that on the other side.

FORE-QUARTER OF LAMB.

764. We always think that a good and practised carver delights in the manipulation of this joint, for there is a little field for his judgment and dexterity which does not always occur. The separation of the shoulder from the breast is the first point to be attended to; this is done by passing the knife lightly round the dotted line, as shown by the figures 1, 2, 3, 4, and 5, so as to cut through the skin, and then, by raising with a little force the shoulder, into which the fork should be firmly fixed, it will come away with just a little more exercise of the knife. In dividing the shoulder and breast, the carver should take care not to cut away too much of the meat from the latter, as that would rather spoil its appearance when the shoulder is removed. The breast and shoulder being separated, it is usual to lay a small piece of butter, and
sprinkle a little cayenne, lemon-juice, and salt between them; and when this is melted and incorporated with the meat and gravy, the shoulder may, as more convenient, be removed into another dish. The, next operation is to separate the ribs from the brisket, by cutting through the meat on the line 5 to 6. The joint is then ready to be served to the guests; the ribs being carved in the direction of the lines from 9 to 10, and the brisket from 7 to 8. The carver should ask those at the table what parts they prefer—ribs, brisket, or a piece of the shoulder.

LEG OF LAMB, LOIN OF LAMB, SADDLE OF LAMB, SHOULDER OF LAMB,

are carved in the same manner as the corresponding joints of mutton. (See Nos. 760, 761, 762, 763.)
CHAPTER XVI.—General observations on the common hog.

765. THE HOG belongs to the order Mammalia, the genus Sus scrofa, and the species Pachydermata, or thick-skinned; and its generic characters are, a small face, with long flexible snout truncated; 42 teeth, divided into 4 upper incisors, converging, 6 lower incisors, projecting, 2 upper and 2 lower canine, or tusks,—the former short, the latter projecting, formidable, and sharp, and 14 molars in each jaw; cloven feet furnished with 4 toes, and tail, small, short, and twisted; while, in some varieties, this appendage is altogether wanting.

766. FROM THE NUMBER AND POSITION OF THE TEETH, physiologists are enabled to define the nature and functions of the animal; and from those of the Sus, or hog, it is evident that he is as much a grinder as a biter, or can live as well on vegetable as on animal food; though a mixture of both is plainly indicated as the character of food most conducive to the integrity and health of its physical system.

767. THUS THE PIG TRIBE, though not a ruminating mammal, as might be inferred from the number of its molar teeth, is yet a link between the herbivorous and the carnivorous tribes, and is consequently what is known as an omnivorous quadruped; or, in other words, capable of converting any kind of aliment into nutriment.

768. THOUGH THE HOOF IN THE HOG is, as a general rule, cloven, there are several remarkable exceptions, as in the species native to Norway, Illyria, Sardinia,
and formerly to the Berkshire variety of the British domesticated pig, in which the hoof is entire and unclawed.

769. WHATEVER DIFFERENCE IN ITS PHYSICAL NATURE, climate and soil may produce in this animal, his functional characteristics are the same in whatever part of the world he may be found; and whether in the trackless forests of South America, the coral isles of Polynesia, the jungles of India, or the spicy brakes of Sumatra, he is everywhere known for his gluttony, laziness, and indifference to the character and quality of his food. And though he occasionally shows an epicure's relish for a succulent plant or a luscious carrot, which he will discuss with all his salivary organs keenly excited, he will, the next moment, turn with equal gusto to some carrion offal that might excite the forbearance of the unscrupulous cormorant. It is this coarse and repulsive mode of feeding that has, in every country and language, obtained for him the opprobrium of being "an unclean animal."

770. IN THE MOSAICAL LAW, the pig is condemned as an unclean beast, and consequently interdicted to the Israelites, as unfit for human food. "And the swine, though he divideth the hoof and be cloven-footed, yet he cheweth not the cud. He is unclean to you."—Lev. xi. 7. Strict, however, as the law was respecting the cud-chewing and hoof-divided animals, the Jews, with their usual perversity and violation of the divine commands, seem afterwards to have ignored the prohibition; for, unless they ate pork, it is difficult to conceive for what purpose they kept troves of swine, as from the circumstance recorded in Matthew xviii. 32, when Jesus was in Galilee, and the devils, cast out of the two men, were permitted to enter the herd of swine that were feeding on the hills in the neighbourhood of the Sea of Tiberias, it is very evident they did. There is only one interpretation by which we can account for a prohibition that debarred the Jews from so many foods which we regard as nutritious luxuries, that, being fat and the texture more hard of digestion than other meats, they were likely, in a hot dry climate, where vigorous exercise could seldom be taken, to produce disease, and especially cutaneous affections; indeed, in this light, as a code of sanitary ethics, the book of Leviticus is the most admirable system of moral government ever conceived for man's benefit.

771. SETTING HIS COARSE FEEDING AND SLOVENLY HABITS OUT OF THE QUESTION, there is no domestic animal so profitable or so useful to man as the much-maligned pig, or any that yields him a more varied or more luxurious repast. The prolific powers of the pig are extraordinary, even under the restraint of domestication; but when left to run wild in favourable situations, as in the islands of the South Pacific, the result, in a few years, from two animals put on shore and left undisturbed, is truly surprising; for they breed so fast, and have such numerous litters, that unless killed off in vast numbers both for the use of the inhabitants and as fresh provisions for ships' crews, they would degenerate into vermin. In this country the pig has usually two litters, or farrows, in a year, the breeding seasons being April and October; and the period the female goes with her young is about four months.—16 weeks or 122 days. The number produced at each litter depends upon the character of the breed; 12 being the average number in the small variety, and 10 in the large; in the mixed breeds, however, the average is between 10 and 15, and in some instances has reached as many as 20. But however few, or however many, young pigs there may be to the farrow, there is always one who is the dwarf of the family circle, a poor, little, shrivelled, half-starved anatomy, with a small melancholy voice, a staggering gait, a
woe-begone countenance, and a thread of a tail, whose existence the complacent
mother ignores, his plethoric brothers and sisters repudiate, and for whose emaciated
jaws there is never a spare or supplemental teat, till one of the favoured gormandizers,
overtaken by momentary oblivion, drops the lacteal fountain, and gives the little
squeaking straggler the chance of a momentary mouthful. This miserable little object,
which may be seen bringing up the rear of every litter, is called the Tony pig, or the
Anthony; so named, it is presumed, from being the one always assigned to the Church,
when tithe was taken in kind; and as St. Anthony was the patron of husbandry, his
name was given in a sort of bitter derision to the starveling that constituted his dues;
for whether there are ten or fifteen farrows to the litter, the Anthony is always the last
of the family to come into the world.

772. FROM THE GROSSNESS OF HIS FEEDING, the large amount of aliment he
consumes, his gluttonous way of eating it, from his slothful habits, laziness, and
indulgence in sleep, the pig is particularly liable to disease, and especially indigestion,
heartburn, and affections of the skin.

773. TO COUNTERACT THE CONSEQUENCE OF A VIOLATION OF THE
PHYSICAL LAWS, a powerful monitor in the brain of the pig teaches him to seek for
relief and medicine. To open the pores of his skin, blocked up with mud, and excite
perspiration, he resorts to a tree, a stump, or his trough—anything rough and angular,
and using it as a curry-comb to his body, obtains the luxury of a scratch and the
benefit of cuticular evaporation; he next proceeds with his long supple snout to grub
up antiscorbutic roots, cooling salads of mallow and dandelion, and, greatest treat of
all, he stumbles on a piece of chalk or a mouthful of delicious cinder, which, he
knows by instinct, is the most sovereign remedy in the world for that hot, unpleasant
sensation he has had all the morning at his stomach.

774. IT IS A REMARKABLE FACT that, though every one who keeps a pig knows
how prone he is to disease, how that disease injures the quality of the meat, and how
eagerly he pounces on a bit of coal or cinder, or any coarse dry substance that will
adulterate the rich food on which he lives, and by affording soda to his system, correct
the vitiated fluids of his body,—yet very few have the judgment to act on what they
see, and by supplying the pig with a few shovelfuls of cinders in his sty, save the
necessity of his rooting for what is so needful to his health. Instead of this, however,
and without supplying the animal with what its instinct craves for, his nostril is bored
with a red-hot iron, and a ring clinched in his nose to prevent rooting for what he feels
to be absolutely necessary for his health; and ignoring the fact that, in a domestic state
at least, the pig lives on the richest of all food,—scraps of cooked animal substances,
boiled vegetables, bread, and other items, given in that concentrated essence of
aliment for a quadruped called wash, and that he eats to repletion, takes no exercise,
and finally sleeps all the twenty-four hours he is not eating, and then, when the animal
at last seeks for those medicinal aids which would obviate the evil of such a forcing
diet, his keeper, instead of meeting his animal instinct by human reason, and giving
him what he seeks, has the inhumanity to torture him by a ring, that, keeping up a
perpetual "raw" in the pig's snout, prevents his digging for those corrective drugs
which would remove the evils of his artificial existence.

775. THOUGH SUBJECT TO SO MANY DISEASES, no domestic animal is more
easily kept in health, cleanliness, and comfort, and this without the necessity of
"ringing," or any excessive desire of the hog to roam, break through his sty, or plough up his pound. Whatever the kind of food may be on which the pig is being fed or fattened, a teaspoonful or more of salt should always be given in his mess of food, and a little heap of well-burnt cinders, with occasional bits of chalk, should always be kept by the side of his trough, as well as a vessel of clean water: his pound, or the front part of his sty, should be totally free from straw, the brick flooring being every day swept out and sprinkled with a layer of sand. His lair, or sleeping apartment, should be well sheltered by roof and sides from cold, wet, and all changes of weather, and the bed made up of a good supply of clean straw, sufficiently deep to enable the pig to burrow his unprotected body beneath it. All the refuse of the garden, in the shape of roots, leaves, and stalks, should be placed in a corner of his pound or feeding-chamber, for the delectation of his leisure moments; and once a week, on the family washing-day, a pail of warm soap-suds should be taken into his sty, and, by means of a scrubbing-brush and soap, his back, shoulders, and flanks should be well cleaned, a pail of clean warm water being thrown over his body at the conclusion, before he is allowed to retreat to his clean straw to dry himself. By this means, the excessive nutrition of his aliment will be corrected, a more perfect digestion insured, and, by opening the pores of the skin, a more vigorous state of health acquired than could have been obtained under any other system.

776. WE HAVE ALREADY SAID that no other animal yields man so many kinds and varieties of luxurious food as is supplied to him by the flesh of the hog differently prepared; for almost every part of the animal, either fresh, salted, or dried, is used for food; and even those viscera not so employed are of the utmost utility in a domestic point of view.

777. THOUGH DESTITUTE OF THE HIDE, HORNS, AND HOOFS, constituting the offal of most domestic animals, the pig is not behind the other mammalia in its usefulness to man. Its skin, especially that of the boar, from its extreme closeness of texture, when tanned, is employed for the seats of saddles, to cover powder, shot, and drinking-flasks; and the hair, according to its colour, flexibility, and stubbornness, is manufactured into tooth, nail, and hairbrushes,—others into hat, clothes, and shoe-brushes; while the longer and finer qualities are made into long and short brooms and painters' brushes; and a still more rigid description, under the name of "bristles," are used by the shoemaker as needles for the passage of his wax-end. Besides so many benefits and useful services conferred on man by this valuable animal, his fat, in a commercial sense, is quite as important as his flesh, and brings a price equal to the best joints in the carcase. This fat is rendered, or melted out of the caul, or membrane in which it is contained, by boiling water, and, while liquid, run into prepared bladders, when, under the name of lard, it becomes an article of extensive trade and value.

778. OF THE NUMEROUS VARIETIES OF THE DOMESTICATED HOG, the following list of breeds may be accepted as the best, presenting severally all those qualities aimed at in the rearing of domestic stock, as affecting both the breeder and the consumer. Native—Berkshire, Essex, York, and Cumberland; Foreign—the Chinese. Before, however, proceeding with the consideration of the different orders, in the series we have placed them, it will be necessary to make a few remarks relative to the pig generally. In the first place, the Black Pig is regarded by breeders as the best and most eligible animal, not only from the fineness and delicacy of the skin, but
because it is less affected by the heat in summer, and far less subject to cuticular disease than either the white or brindled hog, but more particularly from its kindlier nature and greater aptitude to fatten.

779. THE GREAT QUALITY FIRST SOUGHT FOR IN A HOG is a capacious stomach, and next, a healthy power of digestion; for the greater the quantity he can eat, and the more rapidly he can digest what he has eaten, the more quickly will he fatten; and the faster he can be made to increase in flesh, without a material increase of bone, the better is the breed considered, and the more valuable the animal. In the usual order of nature, the development of flesh and enlargement of bone proceed together; but here the object is to outstrip the growth of the bones by the quicker development of their fleshy covering.

780. THE CHIEF POINTS SOUGHT FOR IN THE CHOICE OF A HOG are breadth of chest, depth of carcase, width of loin, chine, and ribs, compactness of form, docility, cheerfulness, and general beauty of appearance. The in a well-bred hog must not be too long, the forehead narrow and convex, cheeks full, snout fine, mouth small, eyes small and quick, ears short, thin, and sharp, pendulous, and pointing forwards; neck full and broad, particularly on the top, where it should join very broad shoulders; the ribs, loin, and haunch should be in a uniform line, and the tail well set, neither too high nor too low; at the same time the back is to be straight or slightly curved, the chest deep, broad, and prominent, the legs short and thick; the belly, when well fattened, should nearly touch the ground, the hair be long, thin, fine, and having few bristles, and whatever the colour, uniform, either white, black, or blue; but not spotted, speckled, brindled, or sandy. Such are the features and requisites that, among breeders and judges, constitute the beau idéal of a perfect pig.

781. THE BERKSHIRE PIG IS THE BEST KNOWN AND MOST ESTEEMED of all our English domestic breeds, and so highly is it regarded, that even the varieties of
the stock are in as great estimation as the parent breed itself. The characteristics of the Berkshire hog are that it has a tawny colour, spotted with black, large ears hanging over the eyes, a thick, close, and well-made body, legs short and small in the bone; feeds up to a great weight, fattens quickly, and is good either for pork or bacon. The New or Improved Berkshire possesses all the above qualities, but is infinitely more prone to fatten, while the objectionable colour has been entirely done away with, being now either all white or completely black.

782. NEXT TO THE FORMER, THE ESSEX takes place in public estimation, always competing, and often successfully, with the Berkshire. The peculiar characters of the Essex breed are that it is tip-eared, has a long sharp, is roach-backed, with a long flat body, standing high on the legs; is rather bare of hair, is a quick feeder, has an enormous capacity of stomach and belly, and an appetite to match its receiving capability. Its colour is white, or else black and white, and it has a restless habit and an unquiet disposition. The present valuable stock has sprung from a cross between the common native animal and either the White Chinese or Black Neapolitan breeds.

783. THE YORKSHIRE, CALLED ALSO THE OLD LINCOLNSHIRE, was at one time the largest stock of the pig family in England, and perhaps, at that time, the worst. It was long-legged, weak in the loins, with coarse white curly hair, and flabby flesh. Now, however, it has undergone as great a change as any breed in the kingdom, and by judicious crossing has become the most valuable we possess, being a very well-formed pig throughout, with a good, a pleasant docile countenance, with moderate-sized drooping ears, a broad back, slightly curved, large chine and loins, with deep sides, full chest, and well covered with long thickly-set white hairs. Besides these qualities of form, he is a quick grower, feeds fast, and will easily make from 20 to 25 stone before completing his first year. The quality of the meat is also uncommonly good, the fat and lean being laid on in almost equal proportions. So
capable is this species of development, both in flesh and stature, that examples of the Yorkshire breed have been exhibited weighing as much as a Scotch ox.

784. THOUGH ALMOST EVERY COUNTRY IN ENGLAND can boast some local variety or other of this useful animal, obtained from the native stock by crossing with some of the foreign kinds, Cumberland and the north-west parts of the kingdom have been celebrated for a small breed of white pigs, with a thick, compact, and well-made body, short in the legs, the and back well formed, ears slouching and a little downwards, and on the whole, a hardy, profitable animal, and one well disposed to fatten.
785. THERE IS NO VARIETY OF THIS USEFUL ANIMAL that presents such peculiar features as the species known to us as the Chinese pig; and as it is the general belief that to this animal and the Neapolitan hog we are indebted for that remarkable improvement which has taken place in the breeds of the English pig, it is necessary to be minute in the description of this, in all respects, singular animal. The Chinese, in the first place, consists of many varieties, and presents as many forms of body as differences of colour; the best kind, however, has a beautiful white skin of singular thinness and delicacy; the hair too is perfectly white, and thinly set over the body, with here and there a few bristles. He has a broad snout, short, eyes bright and fiery, very small fine pink ears, wide cheeks, high chine, with a neck of such immense thickness, that when the animal is fat it looks like an elongated carcase,—a mass of fat, without shape or form, like a feather pillow. The belly is dependent, and almost trailing on the ground, the legs very short, and the tail so small as to be little more than a rudiment. It has a ravenous appetite, and will eat anything that the wonderful assimilating powers of its stomach can digest; and to that capability, there seems no limit in the whole range of animal or vegetable nature. The consequence of this perfect and singularly rapid digestion is an unprecedented proneness to obesity, a process of fattening that, once commenced, goes on with such rapid development, that, in a short time, it loses all form, depositing such an amount of fat, that it in fact ceases to have any refuse part or offal, and, beyond the hair on its back and the callous extremity of the snout, the whole carcase is eatable.
786. WHEN JUDICIOUSLY FED ON VEGETABLE DIET, and this obese tendency checked, the flesh of the Chinese pig is extremely delicate and delicious; but when left to gorge almost exclusively on animal food, it becomes oily, coarse, and unpleasant. Perhaps there is no other instance in nature where the effect of rapid and perfect digestion is so well shown as in this animal, which thrives on everything, and turns to the benefit of its physical economy, food of the most opposite nature, and of the most unwholesome and offensive character. When fully fattened, the thin cuticle, that is one of its characteristics, cracks, from the adipose distension beneath, exposing the fatty mass, which discharges a liquid oil from the adjacent tissues. The great fault in this breed is the remarkably small quantity of lean laid down, to the immense proportion of fat. Some idea of the growth of this species may be inferred from the fact of their attaining to 18 stone before two years, and when further advanced, as much as 40 stone. In its pure state, except for roasters, the Chinese pig is too disproportionate for the English market; but when crossed with some of our lean stock, the breed becomes almost invaluable.
787. THE WILD BOAR is a much more cleanly and sagacious animal than the domesticated hog; he is longer in the snout, has his ears shorter and his tusks considerably longer, very frequently measuring as much as 10 inches. They are extremely sharp, and are bent in an upward circle. Unlike his domestic brother, who roots up here and there, or wherever his fancy takes, the wild boar ploughs the ground in continuous lines or furrows. The boar, when selected as the parent of a stock, should have a small, be deep and broad in the chest; the chine should be arched, the ribs and barrel well rounded, with the haunches falling full down nearly to the hock; and he should always be more compact and smaller than the female. The colour of the wild boar is always of a uniform hue, and generally of an iron grey; shading off into a black. The hair of the boar is of considerable length, especially about the and mane; he stands, in general, from 20 to 30 inches in height at the shoulders, though instances have occurred where he has reached 42 inches. The young are of a pale yellowish tint, irregularly brindled with light brown. The boar of Germany is a large and formidable animal, and the hunting of him, with a small species of mastiff, is still a national sport. From living almost exclusively on acorns and nuts, his flesh is held in great esteem, and in Westphalia his legs are made into hams by a process which, it is said, enhances the flavour and quality of the meat in a remarkable degree.

788. THERE ARE TWO POINTS to be taken into consideration by all breeders of pigs—to what ultimate use is the flesh to be put; for, if meant to be eaten fresh, or simply salted, the small breed of pigs is host suited for the purpose; if for hams or bacon, the large variety of the animal is necessary. Pigs are usually weaned between six and eight weeks after birth, after which they are fed on soft food, such as mashed potatoes in skimmed or butter-milk. The general period at which the small hogs are killed for the market is from 12 to 16 weeks; from 4 to 5 mouths, they are called store pigs, and are turned out to graze till the animal has acquired its full stature. As soon as this point has been reached, the pig should be forced to maturity as quickly as possible; he should therefore be taken from the fields and farm-yard, and shut up on
boiled potatoes, buttermilk, and peas-meal, after a time to be followed by grains, oilcake, wash, barley, and Indian meal; supplying his sty at the same time with plenty of water, cinders, and a quantity of salt in every mess of food presented to him.

789. **THE ESTIMATED NUMBER OF PIGS IN GREAT BRITAIN** is supposed to exceed 20 millions; and, considering the third of the number as worth £2 apiece, and the remaining two-thirds as of the relative value of 10s. each, would give a marketable estimate of over £20,000,000 for this animal alone.

790. **THE BEST AND MOST HUMANE MODE OF KILLING ALL LARGE HOGS** is to strike them down like a bullock, with the pointed end of a poleaxe, on the forehead, which has the effect of killing the animal at once; all the butcher has then to do, is to open the aorta and great arteries, and laying the animal's neck over a trough, let out the blood as quickly as possible. The carcase is then to be scalded, either on a board or by immersion in a tub of very hot water, and all the hair and dirt rapidly scraped off, till the skin is made perfectly white, when it is hung up, opened, and dressed, as it is called, in the usual way. It is then allowed to cool, a sheet being thrown around the carcase, to prevent the air from discouraging the newly-cleaned skin. When meant for bacon, the hair is singed instead of being scalded off.

791. **IN THE COUNTRY,** where for ordinary consumption the pork killed for sale is usually both larger and fatter than that supplied to the London consumer, it is customary to remove the skin and fat down to the lean, and, salting that, roast what remains of the joint. Pork goes further, and is consequently a more economical food than other meats, simply because the texture is closer, and there is less waste in the cooking, either in roasting or boiling.

792. **IN FRESH PORK,** the leg is the most economical family joint, and the loin the richest.

793. **COMPARATIVELY SPEAKING,** very little difference exists between the weight of the live and dead pig, and this, simply because there is neither the nor the hide to be removed. It has been proved that pork loses in cooking 13½, per cent. of its weight. A salted hand weighing 4 lbs. 5 oz. lost in the cooking 11 oz.; after cooking, the meat weighing only 3 lbs. 1 oz., and the bone 9 oz. The original cost was 7½d. a pound; but by this deduction, the cost rose to 9d. per pound with the bone, and 10½d. without it.

794. **PORK, TO BE PRESERVED,** is cured in several ways,—either by covering it with salt, or immersing it in ready-made brine, where it is kept till required; or it is only partially salted, and then hung up to dry, when the meat is called white bacon; or, after salting, it is hung in wood smoke till the flesh is impregnated with the aroma from the wood. The Wiltshire bacon, which is regarded as the finest in the kingdom, is prepared by laying the sides of a hog in large wooden troughs, and then rubbing into the flesh quantities of powdered bay-salt, made hot in a frying-pan. This process is repeated for four days; they are then left for three weeks, merely turning the flitches every other day. After that time they are hung up to dry. The hogs usually killed for purposes of bacon in England average from 18 to 20 stone; on the other hand, the hogs killed in the country for farm-house purposes, seldom weigh less than 26 stone.
The legs of boars, hogs, and, in Germany, those of bears, are prepared differently, and called hams.

795. THE PRACTICE IN VOGUE FORMERLY in this country was to cut out the hams and cure them separately; then to remove the ribs, which were roasted as "spare-ribs," and, curing the remainder of the side, call it a "gammon of bacon."

Small pork to cut for table in joints, is cut up, in most places throughout the kingdom, as represented in the engraving. The sale is divided with nine ribs to the fore quarter; and the following is an enumeration of the joints in the two respective quarters:—

HIND QUARTER

1. The leg.
2. The loin.
3. The spring, or belly.

FORE QUARTER

4. The hand.
5. The fore-loin.
6. The cheek.

The weight of the several joints of a good pork pig of four stone may be as follows; viz.:—

The leg 8 lbs.
The loin and spring 7 lbs.
The hand 6 lbs.
The chine 7 lbs.
The cheek from 2 to 3 lbs.

Of a bacon pig, the legs are reserved for curing, and when cured are called hams: when the meat is separated from the shoulder-blade and bones and cured, it is called bacon. The bones, with part of the meat left on them, are divided into spare-ribs, griskins, and chines.
CHAPTER XVII.—PORK AND BACON RECIPES

PORK CUTLETS
(Cold Meat Cookery).

796. INGREDIENTS.—The remains of cold roast loin of pork, 1 oz. of butter, 2 onions, 1 dessertspoonful of flour, ½ pint of gravy, pepper and salt to taste, 1 teaspoonful of vinegar and mustard.

Mode.—Cut the pork into nice-sized cutlets, trim off most of the fat, and chop the onions. Put the butter into a stewpan, lay in the cutlets and chopped onions, and fry a light brown; then add the remaining ingredients, simmer gently for 5 or 7 minutes, and serve.

Time.—5 to 7 minutes. Average cost, exclusive of the meat, 4d.

Seasonable from October to March.
AUSTRIAN METHOD OF HERDING PIGS.—In the Austrian empire there are great numbers of wild swine, while, among the wandering tribes peopling the interior of Hungary, and spreading over the vast steppes of that country, droves of swine form a great portion of the wealth of the people, who chiefly live on a coarse bread and wind-dried bacon.

In German Switzerland, the Tyrol, and other mountainous districts of continental Europe, though the inhabitants, almost everywhere, as in England, keep one or more pigs, they are at little or no trouble in feeding them, one or more men being employed by one or several villages as swine-herds; who, at a certain hour, every morning, call for the pig or pigs, and driving them to their feeding-grounds on the mountain-side and in the wood, take custody of the herd till, on the approach of night, they are collected into a compact body and driven home for a night's repose in their several sties.

The amount of intelligence and docility displayed by the pigs in these mountain regions, is much more considerable than that usually allowed to this animal, and the manner in which these immense herds of swine are collected, and again distributed, without an accident or mistake, is a sight both curious and interesting; for it is all done without the assistance of a dog, or the aid even of the human voice, and solely by the crack of the long-lashed and heavily-loaded whip, which the swine-herd carries, and cracks much after the fashion of the French postilion; and which, though he frequently cracks, waking a hundred sharp echoes from the woods and rocks, he seldom has to use correctionally; the animal soon acquiring a thorough knowledge of the meaning of each crack; and once having felt its leaded thong, a lasting remembrance of its power. At early dawn, the swine-herd takes his stand at the outskirts of the first village, and begins flourishing through the misty air his immensely long lash, keeping a sort of rude time with the crack, crack, crack, crack of his whip. The nearest pigs, hearing the well-remembered sound, rouse from their straw, and rush from their sties into the road, followed by all their litters. As soon as a sufficient number are collected, the drove is set in motion, receiving, right and left, as they advance, fresh numbers; whole communities, or solitary individuals, streaming in from all quarters, and taking their place, without distinction, in the general herd; and, as if conscious where their breakfast lay, without wasting a moment on idle investigation, all eagerly push on to the mountains. In this manner village after village is collected, till the drove not unfrequently consists of several thousands. The feeding-ground has, of course, often to be changed, and the drove have sometimes to be driven many miles, and to a considerable height up the mountain, before the whip gives the signal for the dispersion of the body and the order to feed, when the herdsman proceeds to form himself a shelter, and look after his own comfort for the rest of the day. As soon as twilight sets in, the whip is again heard echoing the signal for muster; and in the same order in which they were collected, the swine are driven back, each group tailing off to its respective sty, as the herd approaches the villages, till the last grunter, having found his home, the drover seeks his cottage and repose.
MRS. ISABELLA BEETON

PORK CUTLETS OR CHOPS.

I.

797. INGREDIENTS.—Loin of pork, pepper and salt to taste.

Mode.—Cut the cutlets from a delicate loin of pork, bone and trim them neatly, and cut away the greater portion of the fat. Season them with pepper; place the gridiron on the fire; when quite hot, lay on the chops and broil them for about \( \frac{1}{4} \) hour, turning them 3 or 4 times; and be particular that they are thoroughly done, but not dry. Dish them, sprinkle over a little fine salt, and serve plain, or with tomato sauce, sauce piquante, or pickled gherkins, a few of which should be laid round the dish as a garnish.

Time.—About \( \frac{1}{4} \) hour. Average cost, 10d. per lb. for chops.

Sufficient.—Allow 6 for 4 persons.

Seasonable from October to March.

II. (Another Way.)

798. INGREDIENTS.—Loin or fore-loin, of pork, egg and bread crumbs, salt and pepper to taste; to every tablespoonful of bread crumbs allow \( \frac{1}{2} \) teaspoonful of minced sage; clarified butter.

Mode.—Cut the cutlets from a loin, or fore-loin, of pork; trim them the same as mutton cutlets, and scrape the top part of the bone. Brush them over with egg, sprinkle with bread crumbs, with which have been mixed minced sage and a seasoning of pepper and salt; drop a little clarified butter on them, and press the crumbs well down. Put the frying-pan on the fire, put in some lard; when this is hot, lay in the cutlets, and fry them a light brown on both sides. Take them out, put them before the fire to dry the greasy moisture from them, and dish them on mashed potatoes. Serve with them any sauce that may be preferred; such as tomato sauce, sauce piquante, sauce Robert, or pickled gherkins.

Time.—From 15 to 20 minutes. Average cost, 10d. per lb. for chops.

Sufficient.—Allow 6 cutlets for 4 persons.

Seasonable from October to March.

Note.—The remains of roast loin of pork may be dressed in the same manner.

PORK CHEESE
(an Excellent Breakfast Dish).

799. INGREDIENTS.—2 lbs. of cold roast pork, pepper and salt to taste, 1 dessertspoonful of minced parsley, 4 leaves of sage, a very small bunch of savoury
herbs, 2 blades of pounded mace, a little nutmeg, ½ teaspoonful of minced lemon-peel; good strong gravy, sufficient to fill the mould.

Mode. — Cut, but do not chop, the pork into fine pieces, and allow ¼ lb. of fat to each pound of lean. Season with pepper and salt; pound well the spices, and chop finely the parsley, sage, herbs, and lemon-peel, and mix the whole nicely together. Put it into a mould, fill up with good strong well-flavoured gravy, and bake rather more than one hour. When cold, turn it out of the mould.

Time. — Rather more than 1 hour.

Seasonable from October to March.

ROAST LEG OF PORK.

800. INGREDIENTS. — Leg of pork, a little oil for stuffing. (See Recipe No. 504.)

Mode. — Choose a small leg of pork, and score the skin across in narrow strips, about ¼ inch apart. Cut a slit in the knuckle, loosen the skin, and fill it with a sage-and-onion stuffing, made by Recipe No. 504. Brush the joint over with a little salad-oil (this makes the crackling crisper, and a better colour), and put it down to a bright, clear fire, not too near, as that would cause the skin to blister. Baste it well, and serve with a little gravy made in the dripping-pan, and do not omit to send to table with it a tureen of well-made applesauce. (Sec No. 363.)

Time. — A leg of pork weighing 8 lbs., about 3 hours.

Average cost, 9d. per lb.

Sufficient for 6 or 7 persons.

Seasonable from September to March.

ENGLISH MODE OF HUNTING, AND INDIAN PIG-STICKING. — The hunting of the wild boar has been in all times, and in all countries, a pastime of the highest interest and excitement, and from the age of Nimrod, has only been considered second to the more dangerous sport of lion-hunting. The buried treasures of Nineveh, restored to us by Mr.
Layard, show us, on their sculptured annals, the kings of Assyria in their royal pastime of boar-hunting. That the Greeks were passionately attached to this sport, we know both from history and the romantic fables of the poets. Marc Antony, at one of his breakfasts with Cleopatra, had eight wild boars roasted whole; and though the Romans do not appear to have been addicted to hunting, wild-boar fights formed part of their gladiatorial shows in the amphitheatre. In France, Germany, and Britain, from the earliest time, the boar-hunt formed one of the most exciting of sports; but it was only in this country that the sport was conducted without dogs,—a real hand-to-hand contest of man and beast; the hunter, armed only with a boar-spear, a weapon about four feet long, the ash staff, guarded by plates of steel, and terminating in a long, narrow, and very sharp blade: this, with a hunting-knife, or hanger, completed his offensive arms. Thus equipped, the hunter would either encounter his enemy face to face, confront his desperate charge, as with erect tail, depressed, and flaming eyes, he rushed with his foamy tusks full against him, who either sought to pierce his vitals through his counter, or driving his spear through his chine, transfix his heart; or failing those more difficult aims, plunge it into his flank, and, without withdrawing the weapon, strike his ready hanger into his throat. But expert as the hunter might be, it was not often the formidable brute was so quickly dispatched; for he would sometimes seize the spear in his powerful teeth, and nip it off like a reed, or, coming full tilt on his enemy, by his momentum and weight bear him to the earth, ripping up, with a horrid gash, his leg or side, and before the writhing hunter could draw his knife, the infuriated beast would plunge his snout in the wound, and rip, with savage teeth, the bowels of his victim. At other times, he would suddenly swerve from his charge, and doubling on his opponent, attack the hunter in the rear. From his speed, great weight, and savage disposition, the wild boar is always a dangerous antagonist, and requires great courage, coolness, and agility on the part of the hunter. The continental sportsman rides to the chase in a cavalcade, with music and dogs,—a kind of small hound or mastiff, and leaving all the honorary part of the contest to them, when the boar is becoming weary, and while beset by the dogs, rides up, and drives his lance home in the beast's back or side. Boar-hunting has been for some centuries obsolete in England, the animal no longer existing in a wild state among us; but in our Indian empire, and especially in Bengal, the pastime is pursued by our countrymen with all the daring of the national character; and as the animal which inhabits the cane-brakes and jungles is a formidable foe, the sport is attended with great excitement. The hunters, mounted on small, active horses, and armed only with long lances, ride, at early daylight, to the skirts of the jungle, and having sent in their attendants to beat the cover, wait till the tusked monster comes crashing from among the canes, when chase is immediately given, till he is come up with, and transfixed by the first weapon. Instead of flight, however, he often turns to bay, and by more than one dead horse and wounded hunter, shows how formidable he is, and what those polished tusks, sharp as pitch-forks, can effect, when the enraged animal defends his life.

TO GLAZE HAM.—(See Recipe No. 430.)

HASHED PORK.

801. INGREDIENTS.—The remains of cold roast pork, 2 onions, 1 teaspoonful of flour, 2 blades of pounded mace, 2 cloves, 1 tablespoonful of vinegar, ½ pint of gravy, pepper and salt to taste.

Mode.—Chop the onions and fry them of a nice brown, cut the pork into thin slices, season them with pepper and salt, and add these to the remaining ingredients. Stew gently for about ½ hour, and serve garnished with sippets of toasted bread.

Time.—½ hour.

Average cost, exclusive of the meat, 3d.

Seasonable from October to March.
FRIED RASHERS OF BACON AND POACHED EGGS.

802. INGREDIENTS.—Bacon; eggs.

Mode.—Cut the bacon into thin slices, trim away the rusty parts, and cut off the rind. Put it into a cold frying-pan, that is to say, do not place the pan on the fire before the bacon is in it. Turn it 2 or 3 times, and dish it on a very hot dish. Poach the eggs and slip them on to the bacon, without breaking the yolks, and serve quickly.

Time.—3 or 4 minutes. Average cost, 10d. to 1s. per lb. for the primest parts.

Sufficient.—Allow 6 eggs for 3 persons.

Seasonable at any time.

Note.—Fried rashers of bacon, curled, serve as a pretty garnish to many dishes; and, for small families, answer very well as a substitute for boiled bacon, to serve with a small dish of poultry, &c.

BROILED RASHERS OF BACON
(a Breakfast Dish).

803. Before purchasing bacon, ascertain that it is perfectly free from rust, which may easily be detected by its yellow colour; and for broiling, the streaked part of the thick flank, is generally the most esteemed. Cut it into thin slices, take off the rind, and broil over a nice clear fire; turn it 2 or 3 times, and serve very hot. Should there be any cold bacon left from the previous day, it answers very well for breakfast, cut into slices, and broiled or fried.

Time.—3 or 4 minutes.

Average cost, 10d. to 1s. per lb. for the primest parts.

Seasonable at any time.

Note.—When the bacon is cut very thin, the slices may be curled round and fastened by means of small skewers, and fried or toasted before the fire.

BOILED BACON.

804. INGREDIENTS.—Bacon; water.

Mode.—As bacon is frequently excessively salt, let it be soaked in warm water for an hour or two previous to dressing it; then pare off the rusty parts, and scrape the under-side and rind as clean as possible. Put it into a saucepan of cold water, let it come gradually to a boil, and as fast as the scum rises to the surface of the water, remove it. Let it simmer very gently until it is thoroughly done; then take it up, strip off the skin, and sprinkle over the bacon a few
bread raspings, and garnish with tufts of cauliflower or Brussels sprouts. When served alone, young and tender broad beans or green peas are the usual accompaniments.

*Time.*—1 lb. of bacon, ¼ hour; 2 lbs., 1-½ hour.

*Average cost.* 10d. to 1s. per lb. for the primest parts.

*Sufficient.*—2 lbs., when served with poultry or veal, sufficient for 10 persons.

*Seasonable.* at any time.

**TO CURE BACON IN THE WILTSHIRE WAY.**

805. **INGREDIENTS.**—1½ lb. of coarse sugar, 1½ lb. of bay-salt, 6 oz. of saltpetre, 1 lb. of common salt.

**Mode.**—Sprinkle each flitch with salt, and let the blood drain off for 24 hours; then pound and mix the above ingredients well together and rub it well into the meat, which should be turned every day for a month; then hang it to dry, and afterwards smoke it for 10 days.

*Time.*—To remain in the pickle 1 month, to be smoked 10 days.

*Sufficient.*—The above quantity of salt for 1 pig.

HOW PIGS WERE FORMERLY PASTURED AND FED.—Though unquestionably far greater numbers of swine are now kept in England than formerly, every peasant having one or more of that useful animal, in feudal times immense droves of pigs were kept by the franklings and barons; in those days the swine-herds being a regular part of the domestic service of every feudal household, their duty consisted in daily driving the herd of swine from the castle-yard, or outlying farm, to the nearest woods, chase, or forest, where the frankling or vavasour had, either by right or grant, what was called free warren, or the liberty to feed his hogs off the acorns, beech, and chestnuts that lay in such abundance on the earth, and far exceeded the power of the royal or privileged game to consume. Indeed, it was the license granted the nobles of free warren, especially for their swine, that kept up the iniquitous forest laws to so late a date, and covered so large a portion of the land with such immense tracts of wood and brake, to the injury of agriculture and the misery of the people. Some idea of the extent to which swine were grazed in the feudal times, may be formed by observing the number of pigs still fed in Epping Forest, the Forest of Dean, and the New Forest, in Hampshire, where, for several months of the year, the beech-nuts and acorns yield them so plentiful a diet. In Germany, where the chestnut is so largely cultivated, the amount of food shed every autumn is enormous; and consequently the pig, both wild and domestic, has, for a considerable portion of the year, an unfailing supply of admirable nourishment. Impressed with the value of this fruit for the food of pigs, the Prince Consort has, with great judgment, of late encouraged the collection of chestnuts in Windsor Park, and by giving a small reward to old people and children for every bushel collected, has not only found an occupation for many of the unemployed poor, but, by providing a gratuitous food for their pig, encouraged a feeling of providence and economy.

**FOR CURING BACON, AND KEEPING IT FREE FROM RUST**

(Cobbett's Recipe).

806. **THE TWO SIDES THAT REMAIN,** and which are called flitches, are to be cured for bacon. They are first rubbed with salt on their insides, or flesh sides, then
placed one on the other, the flesh sides uppermost, in a salting-trough which has a
gutter round its edges to drain away the brine; for, to have sweet and fine bacon, the
flitches must not be sopping in brine, which gives it the sort of vile taste that barrel
and sea pork have. Every one knows how different is the taste of fresh dry salt from
that of salt in a dissolved state; therefore change the salt often,—once in 4 or 5 days;
let it melt and sink in, but not lie too long; twice change the flitches, put that at bottom
which was first on the top; this mode will cost you a great deal more in salt than the
sopping mode, but without it your bacon will not be so sweet and fine, nor keep so
well. As for the time required in making your flitches sufficiently salt, it depends on
circumstances. It takes a longer time for a thick than a thin flitch, and longer in dry
than in damp weather, or in a dry than in a damp place; but for the flitches of a hog of
five score, in weather not very dry or damp, about 6 weeks may do; and as yours is to
be fat, which receives little injury from over-salting, give time enough, for you are to
have bacon until Christmas comes again.

807. THE PLACE FOR SALTING SHOULD, like a dairy, always be cool, but well
ventilated; confined air, though cool, will taint meat sooner than the midday day sun
accompanied by a breeze. With regard to smoking the bacon, two precautions are
necessary: first, to hang the flitches where no rain comes down upon them; and next,
that the smoke must proceed from wood, not peat, turf, or coal. As to the time
required to smoke a flitch, it depends a good deal upon whether there be a constant
fire beneath; and whether the fire be large or small: a month will do, if the fire be
pretty constant and rich, as a farmhouse fire usually is; but over-smoking, or rather
too long hanging in the air, makes the bacon rust; great attention should therefore be
paid to this matter. The flitch ought not to be dried up to the hardness of a board, and
yet it ought to be perfectly dry. Before you hang it up, lay it on the floor, scatter the
flesh side pretty thickly over with bran, or with some fine sawdust, not of deal or fir;
rub it on the flesh, or pat it well down upon it: this keeps the smoke from getting into
the little openings, and makes a sort of crust to be dried on.

808. To KEEP THE BACON SWEET AND GOOD, and free from hoppers, sift fine
some clean and dry wood ashes. Put some at the bottom of a box or chest long enough
to hold a flitch of bacon; lay in one flitch, and then put in more ashes, then another
flitch, and cover this with six or eight inches of the ashes. The place where the box or
chest is kept ought to be dry, and should the ashes become damp, they should be put
in the fireplace to dry, and when cold, put back again. With these precautions, the
bacon will be as good at the end of the year as on the first day.

809. FOR SIMPLE GENERAL RULES; these may be safely taken as a guide; and
those who implicitly follow the directions given, will possess at the expiration of from
6 weeks to 2 months well-flavoured and well-cured bacon.

HOG NOT BACON. ANECDOTE OF LORD BACON.—As Lord Bacon, on one occasion,
was about to pass sentence of death upon a man of the name of Hogg, who had just been tried
for a long career of crime, the prisoner suddenly claimed to be heard in arrest of judgment,
saying, with an expression of arch confidence as he addressed the bench, "I claim indulgence,
my lord, on the plea of relationship; for I am convinced your lordship will never be unnatural
enough to hang one of your own family."

"Indeed, replied the judge, with some amazement," I was not aware that I had the honour of
your alliance; perhaps you will be good enough to name the degree of our mutual affinity."

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"I am sorry, my lord," returned the impudent thief, "I cannot trace the links of consanguinity; but the moral evidence is sufficiently pertinent. My name, my lord, is Hogg, your lordship's is Bacon; and all the world will allow that bacon and hog are very closely allied."

"I am sorry," replied his lordship, "I cannot admit the truth of your instance: hog cannot be bacon till it is hanged; and so, before I can admit your plea, or acknowledge the family compact, Hogg must be hanged tomorrow morning."

TO BAKE A HAM.

810. INGREDIENTS.—Ham; a common crust.

Mode.—As a ham for baking should be well soaked, let it remain in water for at least 12 hours. Wipe it dry, trim away any rusty places underneath, and cover it with a common crust, taking care that this is of sufficient thickness all over to keep the gravy in. Place it in a moderately-heated oven, and bake for nearly 4 hours. Take off the crust, and skin, and cover with raspings, the same as for boiled ham, and garnish the knuckle with a paper frill. This method of cooking a ham is, by many persons, considered far superior to boiling it, as it cuts fuller of gravy and has a finer flavour, besides keeping a much longer time good.

Time.—A medium-sized ham, 4 hours.

Average cost, from 8d. to 10d. per lb. by the whole ham.

Seasonable all the year.

TO BOIL A HAM.

811. INGREDIENTS.—Ham, water, glaze or raspings.

Mode.—In choosing a ham, ascertain that it is perfectly sweet, by running a sharp knife into it, close to the bone; and if, when the knife is withdrawn, it has an agreeable smell, the ham is good; if, on the contrary, the blade has a greasy appearance and offensive smell, the ham is bad. If it has been long hung, and is very dry and salt, let it remain in soak for 24 hours, changing the water frequently. This length of time is only necessary in the case of its being very hard; from 8 to 12 hours would be sufficient for a Yorkshire or Westmoreland ham. Wash it thoroughly clean, and trim away from the under-side, all the rusty and smoked parts, which would spoil the appearance. Put it into a boiling-pot, with sufficient cold water to cover it; bring it gradually to boil, and as the scum rises, carefully remove it. Keep it simmering very gently until tender, and be careful that it does not stop boiling, nor boil too quickly. When done, take it out of the pot, strip off the skin, and sprinkle over it a few fine bread-raspings, put a frill of cut paper round the knuckle, and serve. If to be eaten cold, let the ham remain in the water until nearly cold: by this method the juices are kept in, and it will be found infinitely superior to one taken out of the water hot; it should, however, be borne in mind that the ham must not remain in the saucepan all night. When the skin is removed, sprinkle over bread-raspings, or, if
wanted particularly nice, glaze it. Place a paper frill round the knuckle, and garnish with parsley or cut vegetable flowers.

*Time.*—A ham weighing 10 lbs., 4 hours to simmer gently; 15 lbs., 5 hours; a very large one, about 5 hours.

*Average cost,* from 8d. to 10d. per lb. by the whole ham.

*Seasonable* all the year.

**HOW TO BOIL A HAM TO GIVE IT AN EXCELLENT FLAVOUR.**

812. **INGREDIENTS.**—Vinegar and water, 2 heads of celery, 2 turnips, 3 onions, a large bunch of savoury herbs.

*Mode.*—Prepare the ham as in the preceding recipe, and let it soak for a few hours in vinegar and water. Put it on in cold water, and when it boils, add the vegetables and herbs. Simmer very gently until tender, take it out, strip off the skin, cover with bread-raspings, and put a paper ruche or frill round the knuckle.

*Time.*—A ham weighing 10 lbs., 4 hours.

*Average cost,* 8d. to 10d. per lb. by the whole ham.

*Seasonable* at any time.

HOW TO SILENCE A PIG. ANECDOTE OF CHARLES V.—When the emperor Charles V. was one day walking in the neighbourhood of Vienna, full of pious considerations, engendered by the thoughts of the Dominican cloister he was about to visit, he was much annoyed by the noise of a pig, which a country youth was carrying a little way before him. At length, irritated by the unmitigated noise, "Have you not learned how to quiet a pig" demanded the imperial traveller, tartly. "Noa," replied the ingenuous peasant, ignorant of the quality of his interrogator;—"noa; and I should very much like to know how to do it," changing the position of his burthen, and giving his load a surreptitious pinch of the ear, which immediately altered the tone and volume of his complaining.

"Why, take the pig by the tail," said the emperor, "and you will see how quiet he will become."

Struck by the novelty of the suggestion, the countryman at once dangled his noisy companion by the tail, and soon discovered that, under the partial congestion caused by its inverted position, the pig had indeed become silent; when, looking with admiration on his augst adviser, he exclaimed,—

"Ah, you must have learned the trade much longer than I, for you understand it a great deal better."

**FRIED HAM AND EGGS**  
(a Breakfast Dish).

813. **INGREDIENTS.**—Ham; eggs.
Mode.—Cut the ham into slices, and take care that they are of the same thickness in every part. Cut off the rind, and if the ham should be particularly hard and salt, it will be found an improvement to soak it for about 10 minutes in hot water, and then dry it in a cloth. Put it into a cold frying-pan, set it over the fire, and turn the slices 3 or 4 times whilst they are cooking. When done, place them on a dish, which should be kept hot in front of the fire during the time the eggs are being poached. Poach the eggs, slip them on to the slices of ham, and serve quickly.

Time.—7 or 8 minutes to broil the ham.

Average cost, from 8d. to 10d. per lb. by the whole ham.

Seasonable at any time.

Note.—Ham may also be toasted or broiled; but, with the latter method, to insure its being well cooked, the fire must be beautifully clear, or it will have a smoky flavour far from agreeable.

POTTED HAM, that will keep Good for some time.

I.

814. INGREDIENTS.—To 4 lbs. of lean ham allow 1 lb. of fat, 2 teaspoonfuls of pounded mace, ½ nutmeg grated, rather more than ½ teaspoonful of cayenne, clarified lard.

Mode.—Mince the ham, fat and lean together in the above proportion, and pound it well in a mortar, seasoning it with cayenne pepper, pounded mace, and nutmeg; put the mixture into a deep baking-dish, and bake for ½ hour; then press it well into a stone jar, fill up the jar with clarified lard, cover it closely, and paste over it a piece of thick paper. If well seasoned, it will keep a long time in winter, and will be found very convenient for sandwiches, &c.

Time.—½ hour.

Seasonable at any time.

II.

(A nice addition to the Breakfast or Luncheon table.)

815. INGREDIENTS.—To 2 lbs. of lean ham allow ½ lb. of fat, 1 teaspoonful of pounded mace, ½ teaspoonful of pounded allspice, ½ nutmeg, pepper to taste, clarified butter.

Mode.—Cut some slices from the remains of a cold ham, mince them small, and to every 2 lbs. of lean, allow the above proportion of fat. Pound the ham in a mortar to a fine paste, with the fat, gradually add the seasoning and spices, and be very particular that all the ingredients are well mixed and the spices well pounded. Press the mixture into potting-pots, pour over clarified butter, and keep it in a cool place.
Average cost for this quantity, 2s. 6d.

Seasonable at any time.

IMPORTANCE OF THE BOAR'S HEAD, SCOTTISH FEUDS, &c.—The boar's, in ancient times, formed the most important dish on the table, and was invariably the first placed on the board upon Christmas-day, being preceded by a body of servitors, a flourish of trumpets, and other marks of distinction and reverence, and carried into the hall by the individual of next rank to the lord of the feast. At some of our colleges and inns of court, the serving of the boar's on a silver platter on Christmas-day is a custom still followed; and till very lately, a boar's was competed for at Christmas time by the young men of a rural parish in Essex. Indeed, so highly was the grizzly boar's regarded in former times, that it passed into a cognizance of some of the noblest families in the realm: thus it was not only the crest of the Nevills and Warwicks, with their collateral houses, but it was the cognizance of Richard III., that—

"Wretched, bloody, and usurping boar,
That spoil'd your summer fields and fruitful vines,
Swills your warm blood like wash, and makes his trough
In your embowell'd bosoms;"—

and whose nature it was supposed to typify; and was universally used as a sign to taverns. The Boar's Head in Eastcheap, which, till within the last twenty-five years still stood in all its primitive quaintness, though removed to make way for the London-bridge approaches, will live vividly in the mind of every reader of Shakspeare, as the resort of the prince of Wales, Poins, and his companions, and the residence of Falstaff and his coney-catching knaves, Bardolph, Pistol, and Nym; and whose sign was a boar's, carved in stone over the door, and a smaller one in wood on each side of the doorway.

The traditions and deeds of savage vengeance recorded in connection with this grim trophy of the chase are numerous in all parts of Europe. But the most remarkable connected with the subject in this country, were two events that occurred in Scotland, about the 11th and 15th centuries.

A border family having been dispossessed of their castle and lands by a more powerful chief, were reduced for many years to great indigence, the expelled owner only living in the hope of wreaking a terrible vengeance, which, agreeably to the motto of his house, he was content to "bide his time" for. The usurper having invited a large number of his kindred to a grand hunt in his new domains, and a feast after in the great hall, returned from the chase, and discovering the feast not spread, vented his wrath in no measured terms on the heads of the tardy servitors. At length a menial approached, followed by a line of servants, and placing the boar's on the table, the guests rushed forward to begin the meal; when, to their horror, they discovered, not a boar's but a bull's,—a sign of death. The doors were immediately closed, and the false servants, who were the adherents of the dispossessed chief, threw off their disguise, and falling on the usurper and his friends, butchered them and every soul in the castle belonging to the rival faction.

A tribe of caterans, or mountain robbers, in the Western Highlands, having been greatly persecuted by a powerful chief of the district, waylaid him and his retinue, put them all to the sword, and cutting off the chief's, repaired to his castle, where they ordered the terrified wife to supply them with food and drink. To appease their savage humour, the lady gave order for their entertainment, and on returning to the hall to see her orders were complied with, discovered, in place of the boar's that should have graced the board, her husband's bleeding; the savage caterans, in rude derision, as a substitute for the apple or lemon usually placed between the jaws, having thrust a slice of bread in the dead man's mouth.
FOR CURING HAMS
(Mons. Ude's Recipe).

816. INGREDIENTS.—For 2 hams weighing about 16 or 18 lbs. each, allow 1 lb. of moist sugar, 1 lb. of common salt, 2 oz. of saltpetre, 1 quart of good vinegar.

Mode.—As soon as the pig is cold enough to be cut up, take the 2 hams and rub them well with common salt, and leave them in a large pan for 3 days. When the salt has drawn out all the blood, drain the hams, and throw the brine away. Mix sugar, salt, and saltpetre together in the above proportion, rub the hams well with these, and put them into a vessel large enough to hold them, always keeping the salt over them. Let them remain for 3 days, then pour over them a quart of good vinegar. Turn them in the brine every day for a month, then drain them well, and rub them with bran. Have them smoked over a wood fire, and be particular that the hams are hung as high up as possible from the fire; otherwise the fat will melt, and they will become dry and hard.

Time.—To be pickled 1 month; to be smoked 1 month.

Sufficient for 2 hams of 18 lbs. each.

Seasonable from October to March.

THE PRICE OF A SOW IN AF RICA.—In one of the native states of Africa, a pig one day stole a piece of food from a child as it was in the act of conveying the morsel to its mouth; upon which the robbed child cried so loud that the mother rushed out of her hovel to ascertain the cause; and seeing the purloining pig make off munching his booty, the woman in her heat struck the grunter so smart a blow, that the surly rascal took it into his to go home very much indisposed, and after a certain time resolved to die,—a resolution that he accordingly put into practice; upon which the owner instituted judicial proceedings before the Star Chamber court of his tribe, against the husband and family of the woman whose rash act had led to such results; and as the pig happened to be a sow, in the very flower of her age, the prospective loss to the owner in unnumbered teems of pigs, with the expenses attending so high a tribunal, swelled the damages and costs to such a sum, that it was found impossible to pay them. And as, in the barbarous justice existing among these rude people, every member of a family is equally liable as the individual who committed the wrong, the father, mother, children, relatives,—an entire community, to the number of thirty-two souls, were sold as slaves, and a fearful sum of human misery perpetrated, to pay the value of a thieving old sow.

TO SALT TWO HAMS, about 12 or 15 lbs. each.

817. INGREDIENTS.—2 lbs. of treacle, ½ lb. of saltpetre, 1 lb. of bay-salt, 2 pounds of common salt.

Mode.—Two days before they are put into pickle, rub the hams well with salt, to draw away all slime and blood. Throw what comes from them away, and then rub them with treacle, saltpetre, and salt. Lay them in a deep pan, and let them remain one day; boil the above proportion of treacle, saltpetre, bay-salt, and common salt for ¼ hour, and pour this pickle boiling hot over the hams: there should be sufficient of it to cover them. For a day or two rub them well with it; afterwards they will only require turning. They ought to remain in this pickle for 3 weeks or a month, and then be sent to be smoked, which will take nearly or quite a month to do. An ox-tongue pickled in this way is most excellent, to be eaten either green or smoked.
Time.—To remain in the pickle 3 weeks or a month; to be smoked about a month.

Seasonable from October to March.

TO CURE SWEET HAMS IN THE WESTMORELAND WAY.

818. INGREDIENTS.—3 lbs. of common salt, 3 lbs. of coarse sugar, 1 lb. of bay-salt, 3 quarts of strong beer.

Mode.—Before the hams are put into pickle, rub them the preceding day well with salt, and drain the brine well from them. Put the above ingredients into a saucepan, and boil for ¼ hour; pour over the hams, and let them remain a month in the pickle. Rub and turn them every day, but do not take them out of the pickling-pan; and have them smoked for a month.

Time.—To be pickled 1 month; to be smoked 1 month.

Seasonable from October to March.

TO PICKLE HAMS
(Suffolk Recipe).

819. INGREDIENTS.—To a ham from 10 to 12 lbs., allow 1 lb. of coarse sugar, ¾ lb. of salt, 1 oz. of saltpetre, ½ a teacupful of vinegar.

Mode.—Rub the hams well with common salt, and leave them for a day or two to drain; then rub well in, the above proportion of sugar, salt, saltpetre, and vinegar, and turn them every other day. Keep them in the pickle 1 month, drain them, and send them to be smoked over a wood fire for 3 weeks or a month.

Time.—To remain in the pickle 1 month. To be smoked 3 weeks or 1 month.

Sufficient.—The above proportion of pickle sufficient for 1 ham.

Seasonable.—Hams should be pickled from October to March.

NOVEL WAY OF RECOVERING A STOLEN PIG.—It is a well-known fact, that in Ireland the pig is, in every respect, a domesticated animal, sharing often both the bed and board of the family, and making an outer ring to the domestic circle, as, seated round the pot of potatoes, they partake of the midday meal called dinner. An Irishman upon one occasion having lost an interesting member of his household, in the form of a promising young porker, consulted his priest on the occasion, and having hinted at the person he suspected of purloining the "illegant slip of a pig" he was advised to take no further notice of the matter, but leave the issue to his spiritual adviser. Next Sunday his reverence, after mass, came to the front of the altar-rails, and looking very hard at the supposed culprit, exclaimed, "Who stole Pat Doolan's pig?" To this inquiry there was of course no answer;—the priest did not expect there would be any. The following Sunday the same query was propounded a little stronger—"Who of you was it, I say, who stole poor Pat Doolan's pig?" It now became evident that the culprit was a hardened sinner; so on the third Sunday, instead of repeating the unsatisfactory inquiry, the priest, after, as usual, eyeing the obdurate offender, said, in a tone of pious sorrow, "Mike Regan, Mike Regan, you treat me with contempt!" That night, when the family was all asleep, the latch of the door was noiselessly lifted, and the "illegant slip of a pig" cautiously slipped into the cabin.
TO SMOKE HAMS AND FISH AT HOME.

820. Take an old hogshead, stop up all the crevices, and fix a place to put a cross-stick near the bottom, to hang the articles to be smoked on. Next, in the side, cut a hole near the top, to introduce an iron pan filled with sawdust and small pieces of green wood. Having turned the tub upside down, hang the articles upon the cross-stick, introduce the iron pan in the opening, and place a piece of red-hot iron in the pan, cover it with sawdust, and all will be complete. Let a large ham remain 40 hours, and keep up a good smoke.

TO CURE BACON OR HAMS IN THE DEVONSHIRE WAY.

821. INGREDIENTS.—To every 14 lbs. of meat, allow 2 oz. of saltpetre, 2 oz. of salt prunella, 1 lb. of common salt. For the pickle, 3 gallons of water, 5 lbs. of common salt, 7 lbs. of coarse sugar, 3 lbs. of bay-salt.

Mode.—Weigh the sides, hams, and cheeks, and to every 14 lbs. allow the above proportion of saltpetre, salt prunella, and common salt. Pound and mix these together, and rub well into the meat; lay it in a stone trough or tub, rubbing it thoroughly, and turning it daily for 2 successive days. At the end of the second day, pour on it a pickle made as follows:—Put the above ingredients into a saucepan, set it on the fire, and stir frequently; remove all the scum, allow it to boil for ¼ hour, and pour it hot over the meat. Let the hams, &c., be well rubbed and turned daily; if the meat is small, a fortnight will be sufficient for the sides and shoulders to remain in the pickle, and the hams 3 weeks; if from 30 lbs. and upwards, 3 weeks will be required for the sides, &c., and from 4 to 5 weeks for the hams. On taking the pieces out, let them drain for an hour, cover with dry sawdust, and smoke from a fortnight to 3 weeks. Boil and carefully skim the pickle after using, and it will keep good, closely corked, for 2 years. When boiling it for use, add about 2 lbs. of common salt, and the same of treacle, to allow for waste. Tongues are excellent put into this pickle cold, having been first rubbed well with saltpetre and salt, and allowed to remain 24 hours, not forgetting to make a deep incision under the thick part of the tongue, so as to allow the pickle to penetrate more readily. A fortnight or 3 weeks, according to the size of the tongue, will be sufficient.

Time—Small meat to remain in the pickle a fortnight, hams 3 weeks; to be smoked from a fortnight to 3 weeks.

The following is from Morton's "Cyclopaedia of Agriculture," and will be found fully worthy of the high character of that publication.

CURING OF HAMS AND BACON.

822. The carcass of the hog, after hanging over-night to cool, is laid on a strong bench or stool, and the is separated from the body at the neck, close behind the ears; the feet and also the internal fat are removed. The carcass is next divided into two sides in the following manner:—The ribs are divided about an inch from the spine on each side, and the spine, with the ends of the ribs attached, together with the internal flesh between it and the kidneys, and also the flesh above it, throughout the whole length of the sides, are removed. The portion of the carcass thus cut out is in the form of a
wedge—the breadth of the interior consisting of the breadth of the spine, and about an inch of the ribs on each side, being diminished to about half an inch at the exterior or skin along the back. The breast-bone, and also the first anterior rib, are also dissected from the side. Sometimes the whole of the ribs are removed; but this, for reasons afterwards to be noticed, is a very bad practice. When the hams are cured separately from the sides, which is generally the case, they are cut out so as to include the hock-bone, in a similar manner to the London mode of cutting a haunch of mutton. The carcass of the hog thus cut up is ready for being salted, which process, in large caring establishments, is generally as follows. The skin side of the pork is rubbed over with a mixture of fifty parts by weight of salt, and one part of saltpetre in powder, and the incised parts of the ham or flitch, and the inside of the flitch covered with the same. The salted bacon, in pairs of flitches with the insides to each other, is piled one pair of flitches above another on benches slightly inclined, and furnished with spouts or troughs to convey the brine to receivers in the floor of the salting-house, to be afterwards used for pickling pork for navy purposes. In this state the bacon remains a fortnight, which is sufficient for flitches cut from nogs of a carcass weight less than 15 stone (14 lbs. to the stone). Flitches of a larger size, at the expiration of that time, are wiped dry and reversed in their place in the pile, having, at the same time, about half the first quantity of fresh, dry, common salt sprinkled over the inside and incised parts; after which they remain on the benches for another week. Hams being thicker than flitches, will require, when less than 20 lbs. weight, 3 weeks; and when above that weight, 4 weeks to remain under the above-described process. The next and last process in the preparation of bacon and hams, previous to being sent to market, is drying. This is effected by hanging the flitches and hams for 2 or 3 weeks in a room heated by stoves, or in a smoke-house, in which they are exposed for the same length of time to the smoke arising from the slow combustion of the sawdust of oak or other hard wood. The latter mode of completing the curing process has some advantages over the other, as by it the meat is subject to the action of creosote, a volatile oil produced by the combustion of the sawdust, which is powerfully antiseptic. The process also furnishing a thin covering of a resinous varnish, excludes the air not only from the muscle but also from the fat; thus effectually preventing the meat from becoming rusted; and the principal reasons for condemning the practice of removing the ribs from the flitches of pork are, that by so doing the meat becomes unpleasantly hard and pungent in the process of salting, and by being more opposed to the action of the air, becomes sooner and more extensively rusted. Notwithstanding its superior efficacy in completing the process of curing, the flavour which smoke-drying imparts to meat is disliked by many persons, and it is therefore by no means the most general mode of drying adopted by mercantile curers. A very impure variety of pyroligneous acid, or vinegar made from the destructive distillation of wood, is sometimes used, on account of the highly preservative power of the creosote which it contains, and also to impart the smoke-flavour; in which latter object, however, the coarse flavour of tar is given, rather than that derived from the smoke from combustion of wood. A considerable portion of the bacon and hams salted in Ireland is exported from that country packed amongst salt, in bales, immediately from the salting process, without having been in any degree dried. In the process of salting above described, pork loses from eight to ten per cent. of its weight, according to the size and quality of the meat; and a further diminution of weight, to the extent of five to six per cent., takes place in drying during the first fortnight after being taken out of salt; so that the total loss in weight occasioned by the preparation of bacon and hams in a proper state for market, is not less on an average than fifteen per cent. on the weight of the fresh pork.
COLLARED PIG'S FACE
(a Breakfast or Luncheon Dish).

823. INGREDIENTS.—1 pig's face; salt. For brine, 1 gallon of spring water, 1 lb. of common salt, ½ handful of chopped juniper-berries, 6 bruised cloves, 2 bay-leaves, a few sprigs of thyme, basil, sage, ¼ oz. of saltpetre. For forcemeat, ½ lb. of ham, ½ lb. bacon, 1 teaspoonful of mixed spices, pepper to taste, ¼ lb. of lard, 1 tablespoonful of minced parsley, 6 young onions.

Mode.—Singe the carefully, bone it without breaking the skin, and rub it well with salt. Make the brine by boiling the above ingredients for ¼ hour, and letting it stand to cool. When cold, pour it over the , and let it steep in this for 10 days, turning and rubbing it often. Then wipe, drain, and dry it. For the forcemeat, pound the ham and bacon very finely, and mix with these the remaining ingredients, taking care that the whole is thoroughly incorporated. Spread this equally over the , roll it tightly in a cloth, and bind it securely with broad tape. Put it into a saucepan with a few meat trimmings, and cover it with stock; let it simmer gently for 4 hours, and be particular that it does not stop boiling the whole time. When quite tender, take it up, put it between 2 dishes with a heavy weight on the top, and when cool, remove the cloth and tape. It should be sent to table on a napkin, or garnished with a piece of deep white paper with a ruche at the top.

Time.—4 hours. Average cost, from 2s. to 2s. 6d.

Seasonable from October to March.

THE WILD AND DOMESTIC HOG.—The domestic hog is the descendant of a race long since banished from this island; and it is remarkable, that while the tamed animal has been and is kept under surveillance, the wild type whence this race sprung, has maintained itself in its ancient freedom, the fierce denizen of the forest, and one of the renowned beasts of the chase. Whatever doubt may exist as to the true origin of the dog, the horse, the ox, and others, or as to whether their original race is yet extant or not, these doubts do not apply to the domestic hog. Its wild source still exists, and is universally recognized: like the wolf, however, it has been expelled from our island; but, like that animal, it still roams through the vast wooded tracts of Europe and Asia.

TO DRESS PIG'S FRY
(a Savoury Dish).

824. INGREDIENTS.—1-½ lb. of pig's fry, 2 onions, a few sage-leaves, 3 lbs. of potatoes, pepper and salt to taste.

Mode.—Put the lean fry at the bottom of a pie-dish, sprinkle over it some minced sage and onion, and a seasoning of pepper and salt; slice the potatoes; put a layer of these on the seasoning, then the fat fry, then more seasoning, and a layer of potatoes at the top. Fill the dish with boiling water, and bake for 2 hours, or rather longer.

Time.—Rather more than 2 hours. Average cost, 6d. per lb.
Sufficient for 3 or 4 persons.

Seasonable from October to March.

TO MELT LARD.

825. Melt the inner fat of the pig, by putting it in a stone jar, and placing this in a saucepan of boiling water, previously stripping off the skin. Let it simmer gently over a bright fire, and as it melts, pour it carefully from the sediment. Put it into small jars or bladders for use, and keep it in a cool place. The feed or inside fat of the pig, before it is melted, makes exceedingly light crust, and is particularly wholesome. It may be preserved a length of time by salting it well, and occasionally changing the brine. When wanted for use, wash and wipe it, and it will answer for making into paste as well as fresh lard.

Average cost, 10d. per lb.

BOILED LEG OF PORK.

826. INGREDIENTS.—Leg of pork; salt.

Mode.—For boiling, choose a small, compact, well-filled leg, and rub it well with salt; let it remain in pickle for a week or ten days, turning and rubbing it every day. An hour before dressing it, put it into cold water for an hour, which improves the colour. If the pork is purchased ready salted, ascertain how long the meat has been in pickle, and soak it accordingly. Put it into a boiling-pot, with sufficient cold water to cover it; let it gradually come to a boil, and remove the scum as it rises. Simmer it very gently until tender, and do not allow it to boil fast, or the knuckle will fall to pieces before the middle of the leg is done. Carrots, turnips, or parsnips may be boiled with the pork, some of which should be laid round the dish as a garnish, and a well-made pease-pudding is an indispensable accompaniment.

Time.—A leg of pork weighing 8 lbs., 3 hours after the water boils, and to be simmered very gently.

Average cost, 9d. per lb.

Sufficient for 7 or 8 persons.

Seasonable from September to March.

Note.—The liquor in which a leg of pork has been boiled, makes excellent pea-soup.

ANTIQUITY OF THE HOG.—The hog has survived changes which have swept multitudes of pachydermatous animals from the surface of our earth. It still presents the same characteristics, both physical and moral, which the earliest writers, whether sacred or profane, have faithfully delineated. Although the domestic has been more or less modified by long culture, yet the wild species remains unaltered, insomuch that the fossil relics may be identified with the bones of their existing descendants.
827. INGREDIENTS.—Pork; a little powdered sage.

Mode.—As this joint frequently comes to table hard and dry, particular care should be taken that it is well basted. Put it down to a bright fire, and flour it. About 10 minutes before taking it up, sprinkle over some powdered sage; make a little gravy in the dripping-pan, strain it over the meat, and serve with a tureen of apple sauce. This joint will be done in far less time than when the skin is left on, consequently, should have the greatest attention that it be not dried up.

Time.—Griskin of pork weighing 6 lbs., 1-½ hour.

Average cost, 7d. per lb. Sufficient for 5 or 6 persons.

Seasonable from September to March.

Note.—A spare-rib of pork is roasted in the same manner as above, and would take 1-½ hour for one weighing about 6 lbs.

LARDING.

828. INGREDIENTS.—Bacon and larding-needle.

Mode.—Bacon for larding should be firm and fat, and ought to be cured without any saltpetre, as this reddens white meats. Lay it on a table, the rinds downwards; trim off any rusty part, and cut it into slices of an equal thickness. Place the slices one on the top of another, and cut them evenly into narrow strips, so arranging it that every piece of bacon is of the same size. Bacon for fricandeau, poultry, and game, should be about 2 inches in length, and rather more than one-eighth of an inch in width. If for larding fillets of beef or loin of veal, the pieces of bacon must be thicker. The following recipe of Soyer is, we think, very explicit; and any cook, by following the directions here given, may be able to lard, if not well, sufficiently for general use.
"Have the fricandeau trimmed, lay it, lengthwise, upon a clean napkin across your hand, forming a kind of bridge with your thumb at the part you are about to commence at; then with the point of the larding-needle make three distinct lines across, ½ inch apart; run the needle into the third line, at the further side of the fricandeau, and bring it out at the first, placing one of the lardoons in it; draw the needle through, leaving out ¼ inch of the bacon at each line; proceed thus to the end of the row; then make another line, ½ inch distant, stick in another row of lardoons, bringing them out at the second line, leaving the ends of the bacon out all the same length; make the next row again at the same distance, bringing the ends out between the lardoons of the first row, proceeding in this manner until the whole surface is larded in chequered rows. Everything else is larded in a similar way; and, in the case of poultry, hold the breast over a charcoal fire for one minute, or dip it into boiling water, in order to make the flesh firm."

**ROAST LOIN OF PORK.**

829. **INGREDIENTS.**—Pork; a little salt.

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**Mode.**—Score the skin in strips rather more than ¼ inch apart, and place the joint at a good distance from the fire, on account of the crackling, which would harden before the meat would be heated through, were it placed too near. If very lean, it should be rubbed over with a little salad oil, and kept well basted all the time it is at the fire. Pork should be very thoroughly cooked, but not dry; and be careful never to send it to table the least underdone, as nothing is more unwholesome and disagreeable than underdressed white meats. Serve with apple sauce, No. 363, and a little gravy made in the dripping-pan. A stuffing of sage and onion may be made separately, and baked in a flat dish: this method is better than putting it in the meat, as many persons have so great an objection to the flavour.

**Time.**—A loin of pork weighing 5 lbs., about 2 hours: allow more time should it be very fat.

**Average cost**, 9d. per lb.

**Sufficient** for 5 or 6 persons.

**Seasonable** from September to March.

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**FOSSIL REMAINS OF THE HOG.**—In British strata, the oldest fossil remains of the hog which Professor Owen states that he has examined, were from fissures in the red crag (probably miocene) of Newbourne, near Woodbridge, Suffolk. "They were associated with teeth of an extinct *felis* about the size of a leopard, with those of a bear, and with remains of a large cervus. These mammalian remains were found with the ordinary fossils of the red crag:"
they had undergone the same process of trituration, and were impregnated with the same
colouring matter as the associated bones and teeth of fishes acknowledged to be derived from
the regular strata of the red crag. These mammaliferous beds have been proved by Mr. Lyell to
be older than the fluvi-marine, or Norwich crag, in which remains of the mastodon,
rhinoceros, and horse have been discovered; and still older than the fresh-water pleistocene
deposits, from which the remains of the mammoth, rhinoceros, &c. are obtained in such
abundance. I have met,” says the professor, in addition, “with some satisfactory instances of
the association of fossil remains of a species of hog with those of the mammoth, in the newer
pliocene freshwater formations of England.”

TO DRY PIGS’ CHEEKS.

830. INGREDIENTS.—Salt, 4 oz. of saltpetre, 2 oz. of bay-salt, 4 oz. of coarse sugar.

Mode.—Cut out the snout, remove the brains, and split the head, taking off the upper bone
to make the jowl a good shape; rub it well with salt; next day take away the brine, and
salt it again the following day; cover the with saltpetre, bay-salt, and coarse sugar, in
the above proportion, adding a little common salt. Let the be often turned, and when it
has been in the pickle for 10 days, smoke it for a week or rather longer.

Time.—To remain in the pickle 10 days; to be smoked 1 week.

Seasonable.—Should be made from September to March.

Note.—A pig’s check, or Bath chap, will take about 2 hours after the water boils.

PIG'S LIVER
(a Savoury and Economical Dish).

831. INGREDIENTS.—The liver and lights of a pig, 6 or 7 slices of bacon, potatoes,
1 large bunch of parsley, 2 onions, 2 sage-leaves, pepper and salt to taste, a little broth
or water.

Mode.—Slice the liver and lights, and wash these perfectly clean, and parboil the
potatoes; mince the parsley and sage, and chop the onion rather small. Put the meat,
potatoes, and bacon into a deep tin dish, in alternate layers, with a sprinkling of the
herbs, and a seasoning of pepper and salt between each; pour on a little water or broth,
and bake in a moderately-heated oven for 2 hours.

Time.—2 hours. Average cost, 1s. 6d.

Sufficient for 6 or 7 persons.

Seasonable from September to March.

PIG'S PETTITOES.

832. INGREDIENTS.—A thin slice of bacon, 1 onion, 1 blade of mace, 6
peppercorns, 3 or 4 sprigs of thyme, 1 pint of gravy, pepper and salt to taste,
thickening of butter and flour.
Mode.—Put the liver, heart, and pettitoes into a stewpan with the bacon, mace, peppercorns, thyme, onion, and gravy, and simmer these gently for ¼ hour; then take out the heart and liver, and mince them very fine. Keep stewing the feet until quite tender, which will be in from 20 minutes to ½ hour, reckoning from the time that they boiled up first; then put back the minced liver, thicken the gravy with a little butter and flour, season with pepper and salt, and simmer over a gentle fire for 5 minutes, occasionally stirring the contents. Dish the mince, split the feet, and arrange them round alternately with sippets of toasted bread, and pour the gravy in the middle.

Time.—Altogether 40 minutes.

Sufficient for 3 or 4 persons.

Seasonable from September to March.

TO PICKLE PORK.

833. INGREDIENTS.—¼ lb. of saltpetre; salt.

Mode.—As pork does not keep long without being salted, cut it into pieces of a suitable size as soon as the pig is cold. Rub the pieces of pork well with salt, and put them into a pan with a sprinkling of it between each piece: as it melts on the top, strew on more. Lay a coarse cloth over the pan, a board over that, and a weight on the board, to keep the pork down in the brine. If excluded from the air, it will continue good for nearly 2 years.

Average cost, 10d. per lb. for the prime parts.

Seasonable.—The best time for pickling meat is late in the autumn.

THE UNIVERSALITY OF THE HOG.—A singular circumstance in the domestic history of the hog, is the extent of its distribution over the surface of the earth; being found even in insulated places, where the inhabitants are semi-barbarous, and where the wild species is entirely unknown. The South-Sea islands, for example, were found on their discovery to be well stocked with a small black hog; and the traditionary belief of the people was that these animals were coeval with the origin of themselves. Yet they possessed no knowledge of the wild boar, or any other animal of the hog kind, from which the domestic breed might be supposed to be derived. In these islands the hog is the principal quadruped, and the fruit of the bread-tree is its principal food, although it is also fed with yams, eddoes, and other vegetables. This nutritious diet, which it has in great abundance, is, according to Foster, the reason of its flesh being so delicious, so full of juice, and so rich in fat, which is not less delicate to the taste than the finest butter.

TO BOIL PICKLED PORK.

834. INGREDIENTS.—Pork; water.

Mode.—Should the pork be very salt, let it remain in water about 2 hours before it is dressed; put it into a saucepan with sufficient cold water to cover it, let it gradually come to a boil, then gently simmer until quite tender. Allow ample time for it to cook, as nothing is more disagreeable than underdone pork, and when boiled fast, the meat
becomes hard. This is sometimes served with boiled poultry and roast veal, instead of bacon: when tender, and not over salt, it will be found equally good.

*Time.*—A piece of pickled pork weighing 2 lbs., 1¼ hour; 4 lbs., rather more than 2 hours.

*Average cost,* 10d. per lb. for the primest parts.

*Seasonable* at any time.

**THE ANTIQUITY OF THE HOG.**—By what nation and in what period the hog was reclaimed, is involved in the deepest obscurity. So far back as we have any records of history, we find notices of this animal, and of its flesh being used as the food of man. By some nations, however, its flesh was denounced as unclean, and therefore prohibited to be used, whilst by others it was esteemed as a great delicacy. By the Mosaic law it was forbidden to be eaten by the Jews, and the Mahometans hold it in utter abhorrence. Dr. Kitto, however, says that there does not appear to be any reason in the law of Moses why the hog should be held in such peculiar abomination. There seems nothing to have prevented the Jews, if they had been so inclined, to rear pigs for sale, or for the use of the land. In the Talmud there are some indications that this was actually done; and it was, probably, for such purposes that the herds of swine mentioned in the New Testament were kept, although it is usual to consider that they were kept by the foreign settlers in the land. Indeed, the story which accounts for the peculiar aversion of the Hebrews to the hog, assumes that it did not originate until about 130 years before Christ, and that, previously, some Jews were in the habit of rearing hogs for the purposes indicated.

**PORK PIES**

(Warwickshire Recipe).

835. **INGREDIENTS.**—For the crust, 5 lbs. of lard to 14 lbs. of flour, milk, and water. For filling the pies, to every 3 lbs. of meat allow 1 oz. of salt, 2-¼ oz. of pepper, a small quantity of cayenne, 1 pint of water.

*Mode.*—Rub into the flour a portion of the lard; the remainder put with sufficient milk and water to mix the crust, and boil this gently for ¼ hour. Pour it boiling on the flour, and knead and beat it till perfectly smooth. Now raise the crust in either a round or oval form, cut up the pork into pieces the size of a nut, season it in the above proportion, and press it compactly into the pie, in alternate layers of fat and lean, and pour in a small quantity of water; lay on the lid, cut the edges smoothly round, and pinch them together. Bake in a brick oven, which should be slow, as the meat is very solid. Very frequently, the inexperienced cook finds much difficulty in raising the crust. She should bear in mind that it must not be allowed to get cold, or it will fall immediately: to prevent this, the operation should be performed as near the fire as possible. As considerable dexterity and expertness are necessary to raise the crust with the hand only, a glass bottle or small jar may be placed in the middle of the paste, and the crust moulded on this; but be particular that it is kept warm the whole time.

*Sufficient.*—The proportions for 1 pie are 1 lb. of flour and 3 lbs. of meat.

*Seasonable* from September to March.

**THE FLESH OF SWINE IN HOT CLIMATES.**—It is observed by M. Sonini, that the flesh of swine, in hot climates, is considered unwholesome, and therefore may account for its
proscription by the legislators and priests of the East. In Egypt, Syria, and even the southern parts of Greece, although both white and delicate, it is so flabby and surcharged with fat, that it disagrees with the strongest stomachs. Abstinence from it in general was, therefore, indispensable to health under the burning suns of Egypt and Arabia. The Egyptians were permitted to eat it only once a year,—on the feast of the moon; and then they sacrificed a number of these animals to that planet. At other seasons, should any one even touch a hog, he was obliged immediately to plunge into the river Nile, as he stood, with his clothes on, in order to purify himself from the supposed contamination he had contracted by the touch.

LITTLE RAISED PORK PIES.

836. INGREDIENTS.—2 lbs. of flour, ½ lb. of butter, ½ lb. of mutton suet, salt and white pepper to taste, 4 lbs. of the neck of pork, 1 dessertspoonful of powdered sage.

Mode.—Well dry the flour, mince the suet, and put these with the butter into a saucepan, to be made hot, and add a little salt. When melted, mix it up into a stiff paste, and put it before the fire with a cloth over it until ready to make up; chop the pork into small pieces, season it with white pepper, salt, and powdered sage; divide the paste into rather small pieces, raise it in a round or oval form, fill with the meat, and bake in a brick oven. These pies will require a fiercer oven than those in the preceding recipe, as they are made so much smaller, and consequently do not require so soaking a heat.

Time.—If made small, about 1-½ hour.

Seasonable from September to March.

SWINEHERDS OF ANTIQUITY.—From the prejudice against the hog among the ancients, those who tended them formed an isolated class, and were esteemed as the outcasts of society. However much the flesh of the animal was esteemed by the Greeks and Romans, yet the swineherd is not mentioned by either the classic writers or the poets who, in ancient Greece and Rome, painted rural life. We have no descriptions of gods or heroes descending to the occupation of keeping swine. The swineherd is never introduced into the idyls of Theocritus, nor has Virgil admitted him into his eclogues. The Eumaeus of Homer is the only exception that we have of a swineherd meeting with favour in the eyes of a poet of antiquity. This may be accounted for, on the supposition that the prejudices of the Egyptians relative to this class of men, extended to both Greece and Italy, and imparted a bias to popular opinion.

TO MAKE SAUSAGES.

(Author’s Oxford Recipe.)

837. INGREDIENTS.—1 lb. of pork, fat and lean, without skin or gristle; 1 lb. of lean veal, 1 lb. of beef suet, ½ lb. of bread crumbs, the rind of ½ lemon, 1 small nutmeg, 6 sage-leaves, 1 teaspoonful of pepper, 2 teaspoonfuls of salt, ½ teaspoonful of savory, ½ teaspoonful of marjoram.

Mode.—Chop the pork, veal, and suet finely together, add the bread crumbs, lemon-peel (which should be well minced), and a small nutmeg grated. Wash and chop the sage-leaves very finely; add these with the remaining ingredients to the sausage-meat, and when thoroughly mixed, either put the meat into skins, or, when wanted for table, form it into little cakes, which should be floured and fried.

Average cost, for this quantity, 2s. 6d.
Sufficient for about 30 moderate-sized sausages.

Seasonable from October to March.

THE HOG IN ENGLAND.—From time immemorial, in England, this animal has been esteemed as of the highest importance. In the Anglo-Saxon period, vast herds of swine were tended by men, who watched over their safety, and who collected them under shelter at night. At that time, the flesh of the animal was the staple article of consumption in every family, and a large portion of the wealth of the rich freemen of the country consisted of these animals. Hence it was common to make bequests of swine, with lands for their support; and to these were attached rights and privileges in connection with their feeding, and the extent of woodland to be occupied by a given number was granted in accordance with established rules. This is proved by an ancient Saxon grant, quoted by Sharon Turner, in his "History of the Anglo-Saxons," where the right of pasturage is conveyed in a deed by the following words:—"I give food for seventy swine in that woody allotment which the countrymen call Wolferdinlegh."

FRIED SAUSAGES.

838. INGREDIENTS.—Sausages; a small piece of butter.

Mode.—Prick the sausages with a fork (this prevents them from bursting), and put them into a frying-pan with a small piece of butter. Keep moving the pan about, and turn the sausages 3 or 4 times. In from 10 to 12 minutes they will be sufficiently cooked, unless they are very large, when a little more time should be allowed for them. Dish them with or without a piece of toast under them, and serve very hot. In some counties, sausages are boiled and served on toast. They should be plunged into boiling water, and simmered for about 10 or 12 minutes.

Time.—10 to 12 minutes.

Average cost, 10d. per lb.

Seasonable.—Good from September to March.

Note.—Sometimes, in close warm weather, sausages very soon turn sour; to prevent this, put them in the oven for a few minutes with a small piece of butter to keep them moist. When wanted for table, they will not require so long frying as uncooked sausages.

THE SAXON SWINEHERD.—The men employed in herding swine during the Anglo-Saxon period of our history were, in general, thralls or born slaves of the soil, who were assisted by powerful dogs, capable even of singly contending with the wolf until his master came with his spear to the rescue. In the "Ivanhoe" of Sir Walter Scott, we have an admirable picture, in the character of Gurth, an Anglo-Saxon swineherd, as we also have of his master, a large landed proprietor, a great portion of whose wealth consisted of swine, and whose rude but plentiful board was liberally supplied with the flesh.
SAUSAGE-MEAT CAKES.

839. INGREDIENTS.—To every lb. of lean pork, add ¾ lb. of fat bacon, ¼ oz. of salt, 1 saltspoonful of pepper, ¼ teaspoonful of grated nutmeg, 1 teaspoonful of minced parsley.

Mode.—Remove from the pork all skin, gristle, and bone, and chop it finely with the bacon; add the remaining ingredients, and carefully mix altogether. Pound it well in a mortar, make it into convenient-sized cakes, flour these, and fry them a nice brown for about 10 minutes. This is a very simple method of making sausage-meat, and on trial will prove very good, its great recommendation being, that it is so easily made.

Time.—10 minutes.

Seasonable from September to March.

TO SCALD A SUCKING-PIG.

840. Put the pig into cold water directly it is killed; let it remain for a few minutes, then immerse it in a large pan of boiling water for 2 minutes. Take it out, lay it on a table, and pull off the hair as quickly as possible. When the skin looks clean, make a slit down the belly, take out the entrails, well clean the nostrils and ears, wash the pig in cold water, and wipe it thoroughly dry. Take off the feet at the first joint, and loosen and leave sufficient skin to turn neatly over. If not to be dressed immediately, fold it in a wet cloth to keep it from the air.

THE LEARNED PIG.—That the pig is capable of education, is a fact long known to the world; and though, like the ass, naturally stubborn and obstinate, that he is equally amenable with other animals to caresses and kindness, has been shown from very remote time; the best modern evidence of his docility, however, is the instance of the learned pig, first exhibited about a century since, but which has been continued down to our own time by repeated instances of an animal who will put together all the letters or figures that compose the day, month, hour, and date of the exhibition, besides many other unquestioned evidences of memory. The instance already given of breaking a sow into a pointer, till she became more stanch even than the dog itself, though surprising, is far less wonderful than that evidence of education where so generally obtuse an animal may be taught not only to spell, but couple figures and give dates correctly.

ROAST SUCKING-PIG.

841. INGREDIENTS.—Pig, 6 oz. of bread crumbs, 16 sage-leaves, pepper and salt to taste, a piece of butter the size of an egg, salad oil or butter to baste with, about ½ pint of gravy, 1 tablespoonful of lemon-juice.

Mode.—A sucking-pig, to be eaten in perfection, should not be more than three weeks old, and should be dressed the same day that it is killed. After preparing the pig for cooking, as in the preceding recipe, stuff
it with finely-grated bread crumbs, minced sage, pepper, salt, and a piece of butter the size of an egg, all of which should be well mixed together, and put into the body of the pig. Sew up the slit neatly, and truss the legs back, to allow the inside to be roasted, and the under part to be crisp. Put the pig down to a bright clear fire, not too near, and let it lay till thoroughly dry; then have ready some butter tied up in a piece of thin cloth, and rub the pig with this in every part. Keep it well rubbed with the butter the whole of the time it is roasting, and do not allow the crackling to become blistered or burnt. When half-done, hang a pig-iron before the middle part (if this is not obtainable, use a flat iron), to prevent its being scorched and dried up before the ends are done. Before it is taken from the fire, cut off the , and part that and the body down the middle. Chop the brains and mix them with the stuffing; add $\frac{1}{2}$ pint of good gravy, a tablespoonful of lemon-juice, and the gravy that flowed from the pig; put a little of this on the dish with the pig, and the remainder send to table in a tureen. Place the pig back to back in the dish, with one half of the on each side, and one of the ears at each end, and send it to table as hot as possible. Instead of butter, many cooks take salad oil for basting, which makes the crackling crisp; and as this is one of the principal things to be considered, perhaps it is desirable to use it; but be particular that it is very pure, or it will impart an unpleasant flavour to the meat. The brains and stuffing may be stirred into a tureen of melted butter instead of gravy, when the latter is not liked. Apple sauce and the old-fashioned currant sauce are not yet quite obsolete as an accompaniment to roast pig.

**Time.**—1-½ to 2 hours for a small pig.

**Average cost, 5s. to 6s.**

**Sufficient** for 9 or 10 persons.

**Seasonable** from September to February.

**HOW ROAST PIG WAS DISCOVERED.**—Charles Lamb, who, in the early part of this century, delighted the reading public by his quaint prose sketches, written under the title of "Essays of Elia," has, in his own quiet humorous way, devoted one paper to the subject of Roast Pig, and more especially to that luxurious and toothsome dainty known as "CRACKLING;" and shows, in a manner peculiarly his own, how crackling first came into the world.

According to this erudite authority, man in the golden age, or at all events the primitive age, eat his pork and bacon raw, as, indeed, he did his beef and mutton; unless, as Hudibras tells us, he was an epicure, when he used to make a saddle of his saddle of mutton, and after spreading it on his horse's back, and riding on it for a few hours till thoroughly warmed, he sat down to the luxury of a dish cooked to a turn. At the epoch of the story, however, a citizen of some Scythian community had the misfortune to have his hut, or that portion of it containing his live stock of pigs, burnt down. In going over the débris on the following day, and picking out all the available salvage, the proprietor touched something unusually or unexpectedly hot, which caused him to shake his hand with great energy, and clap the tips of his suffering fingers to his mouth. The act was simple and natural, but the result was wonderful. He rolled his eyes in ecstatic pleasure, his frame distended, and, conscious of a celestial odour, his nostrils widened, and, while drawing in deep inspirations of the ravishing perfume, he sucked his fingers with a gusto he had never, in his most hungry moments, conceived. Clearing away the rubbish from beneath him, he at last brought to view the carcass of one of his pigs, roasted to death. Stooping down to examine this curious object, and touching its body, a fragment of the burnt skin was detached, which, with a sort of superstitious dread, he at length, and in a spirit of philosophical inquiry, put into his mouth. Ye gods! the felicity he then enjoyed, no
pen can chronicle! Then it was that he—the world—first tasted crackling. Like a miser with his gold, the Scythian hid his treasure from the prying eyes of the world, and feasted, in secret, more sumptuously than the gods. When he had eaten up all his pig, the poor man fell into a melancholy; he refused the most tempting steak, though cooked on the horse's back, and turned every half-hour after his own favourite recipe; he fell, in fact, from his appetite, and was reduced to a shadow, till, unable longer to endure the torments of memory he hourly suffered, he rose one night and secretly set fire to his hut, and once more was restored to flesh and manhood. Finding it impossible to live in future without roast-pig, he set fire to his house every time his larder became empty; till at last his neighbours, scandalized by the frequency of these incendiary acts, brought his conduct before the supreme council of the nation. To avert the penalty that awaited him, he brought his judges to the smouldering ruins, and discovering the secret, invited them to eat; which having done, with tears of gratitude, the august synod embraced him, and, with an overflowing feeling of ecstasy, dedicated a statue to the memory of the man who first instituted roast pork.

Pork Carving.

SUCKING-PIG.

842. A sucking-pig seems, at first sight, rather an elaborate dish, or rather animal, to carve; but by carefully mastering the details of the business, every difficulty will vanish; and if a partial failure be at first made, yet all embarrassment will quickly disappear on a second trial. A sucking-pig is usually sent to table in the manner shown in the engraving (and also in coloured plate S), and the first point to be attended to is to separate the shoulder from the carcase, by carrying the knife quickly and neatly round the circular line, as shown by the figures 1, 2, 3;—the shoulder will then easily come away. The next step is to take off the leg; and this is done in the same way, by cutting round this joint in the direction shown by the figures 1, 2, 3, in the same way as the shoulder. The ribs then stand fairly open to the knife, which should be carried down in the direction of the line 4 to 5; and two or three helpings will dispose of these. The other half of the pig is served, of course, in the same manner. Different parts of the pig are variously esteemed; some preferring the flesh of the neck; others, the ribs; and others, again, the shoulders. The truth is, the whole of a sucking-pig is delicious, delicate eating; but, in carving it, the host should consult the various tastes and fancies of his guests, keeping the larger joints, generally, for the gentlemen of the party.

HAM.

843. In cutting a ham, the carver must be guided according as he desires to practise economy, or have, at once, fine slices out of the prime part. Under the first supposition, he will commence at the knuckle end, and cut off thin slices towards the thick part of the ham. To reach the choicer portion, the knife, which must be very sharp and thin, should be carried quite down to the bone, in the
direction of the line 1 to 2. The slices should be thin and even, and always cut down to
the bone. There are some who like to carve a ham by cutting a hole at the top, and
then slicing pieces off inside the hole, gradually enlarging the circle; but we think this
a plan not to be recommended. A ham, when hot, is usually sent to table with a paper
ruffle round the knuckle; when cold, it is served in the manner shown by coloured
plate P.

LEG OF PORK.

844. This joint, which is such a favourite one with
many people, is easy to carve. The knife should be
carried sharply down to the bone, clean through the
crackling, in the direction of the line 1 to 2. Sago and
onion and apple sauce are usually sent to table with
this dish,—sometimes the leg of pork is stuffed,—and
the guests should be asked if they will have either or
both. A frequent plan, and we think a good one, is now
pursued, of sending sage and onion to table separately
from the joint, as it is not everybody to whom the
flavour of this stuffing is agreeable.

Note.—The other dishes of pork do not call for any special remarks as to their carving
or helping.
CHAPTER XVIII.—General observations on the calf.

845. ANY REMARKS MADE ON THE CALF OR THE LAMB must naturally be in a measure supplementary to the more copious observations made on the parent stock of either. As the calf, at least as far as it is identified with veal, is destined to die young,—to be, indeed, cut off in its comparative infancy,—it may, at first sight, appear of little or no consequence to inquire to what particular variety, or breed of the general stock, his sire or dam may belong. The great art, however, in the modern science of husbandry has been to obtain an animal that shall not only have the utmost beauty of form of which the species is capable, but, at the same time, a constitution free from all taint, a frame that shall rapidly attain bulk and stature, and a disposition so kindly that every quantum of food it takes shall, without drawback or procrastination, be eliminated into fat and muscle. The breed, then, is of very considerable consequence in determining, not only the quality of the meat to the consumer, but its commercial value to the breeder and butcher.

846. UNDER THE ARTIFICIAL SYSTEM adopted in the rearing of domestic cattle, and stock in general, to gratify the arbitrary mandates of luxury and fashion, we can have veal, like lamb, at all seasons in the market, though the usual time in the metropolis for veal to make its appearance is about the beginning of February.

847. THE COW GOES WITH YOUNG FOR NINE MONTHS, and the affection and solicitude she evinces for her offspring is more human in its tenderness and intensity than is displayed by any other animal; and her distress when she hears its bleating, and is not allowed to reach it with her distended udders, is often painful to witness,
and when the calf has died, or been accidentally killed, her grief frequently makes her refuse to give down her milk. At such times, the breeder has adopted the expedient of flaying the dead carcase, and, distending the skin with hay, lays the effigy before her, and then taking advantage of her solicitude, milks her while she is caressing the skin with her tongue.

848. IN A STATE OF NATURE, the cow, like the deer, hides her young in the tall ferns and brakes, and the most secret places; and only at stated times, twice or thrice a day, quits the herd, and, hastening to the secret cover, gives suck to her calf, and with the same, circumspection returns to the community.

849. IN SOME COUNTRIES, to please the epicurean taste of vitiated appetites, it is the custom to kill the calf for food almost immediately after birth, and any accident that forestalls that event, is considered to enhance its value. We are happy to say, however, that in this country, as far as England and Scotland are concerned, the taste for very young veal has entirely gone out, and "Staggering Bob," as the poor little animal was called in the language of the shambles, is no longer to be met with in such a place.

850. THE WEANING OF CALVES is a process that requires a great amount of care and judgment; for though they are in reality not weaned till between the eighth and the twelfth week, the process of rearing them by hand commences in fact from the birth, the calf never being allowed to suck its dam. As the rearing of calves for the market is a very important and lucrative business, the breeder generally arranges his stock so that ten or a dozen of his cows shall calve about the same time; and then, by setting aside one or two, to find food for the entire family, gets the remaining eight or ten with their full fountains of milk, to carry on the operations of his dairy. Some people have an idea that skimmed milk, if given in sufficient quantity, is good enough for the weaning period of calf-feeding; but this is a very serious mistake, for the cream, of which it has been deprived, contained nearly all the oleaginous principles, and the azote or nitrogen, on which the vivifying properties of that fluid depends. Indeed, so remarkably correct has this fact proved to be, that a calf reared on one part of new milk mixed with five of water, will thrive and look well; while another, treated with unlimited skimmed milk, will be poor, thin, and miserable.

851. IT IS SOMETIMES A MATTER OF CONSIDERABLE TROUBLE to induce the blundering calf—whose instinct only teaches him to suck, and that he will do at anything and with anything—acquire the knowledge of imbibition, that for the first few days it is often necessary to fill a bottle with milk, and, opening his mouth, pour the contents down his throat. The manner, however, by which he is finally educated into the mystery of suction, is by putting his allowance of milk into a large wooden bowl; the nurse then puts her hand into the milk, and, by bending her fingers upwards, makes a rude teat for the calf to grasp in his lips, when the vacuum caused by his suction of the fingers, causes the milk to rise along them into his mouth. In this manner one by one the whole family are to be fed three times a day; care being taken, that new-born calves are not, at first, fed on milk from a cow who has some days calved.

852. AS THE CALF PROGRESSES TOWARDS HIS TENTH WEEK, his diet requires to be increased in quantity and quality; for these objects, his milk can be
thickened with flour or meal, and small pieces of softened oil-cake are to be slipped into his mouth after sucking, that they may dissolve there, till he grows familiar with, and to like the taste, when it may be softened and scraped down into his milk-and-water. After a time, sliced turnips softened by steam are to be given to him in tolerable quantities; then succulent grasses; and finally, hay may be added to the others. Some farmers, desirous of rendering their calves fat for the butcher in as short a time as possible, forget both the natural weakness of the digestive powers, and the contracted volume of the stomach, and allow the animals either to suck ad libitum, or give them, if brought up at the pail or by hand, a larger quantity of milk than they can digest. The idea of overloading the stomach never suggests itself to their minds. They suppose that the more food the young creature consumes, the sooner it will be fat, and they allow it no exercise whatever, for fear it should denude its very bones of their flesh. Under such circumstances, the stomach soon becomes deranged; its functions are no longer capable of acting; the milk, subjected to the acid of the stomach, coagulates, and forms a hardened mass of curd, when the muscles become affected with spasms, and death frequently ensues.

853. THERE WAS NO SPECIES OF SLAUGHTERING practised in this country so inhuman and disgraceful as that, till very lately, employed in killing this poor animal; when, under the plea of making the flesh white, the calf was bled day by day, till, when the final hour came, the animal was unable to stand. This inhumanity is, we believe, now everywhere abolished, and the calf is at once killed, and with the least amount of pain; a sharp-pointed knife is run through the neck, severing all the large veins and arteries up to the vertebrae. The skin is then taken off to the knee, which is disjointed, and to the , which is removed; it is then reflected backwards, and the carcase having been opened and dressed, is kept apart by stretchers, and the thin membrane, the caul, extended over the organs left in the carcase, as the kidneys and sweet-bread; some melted fat is then scattered suddenly over the whole interior, giving that white and frosted appearance to the meat, that is thought to add to its beauty; the whole is then hung up to cool and harden.

854. THE MANNER OF CUTTING UP VEAL for the English market is to divide the carcase into four quarters, with eleven ribs to each fore quarter; which are again subdivided into joints as exemplified on the cut.

Hind quarter:—

1. The loin.
2. The chump, consisting of the rump and hock-bone.
3. The fillet.
4. The hock, or hind knuckle.

Fore quarter:—

5. The shoulder.
6. The neck.
7. The breast.
8. The fore knuckle.
855. THE SEVERAL PARTS OF A MODERATELY-SIZED WELL-FED CALF, about eight weeks old, are nearly of the following weights:—loin and chump 18 lbs., fillet 12½ lbs., hind knuckle 5½ lbs., shoulder 11 lbs., neck 11 lbs., breast 9 lbs., and fore knuckle 5 lbs.; making a total of 144 lbs. weight. The London mode of cutting the carcase is considered better than that pursued in Edinburgh, as giving three roasting joints, and one boiling, in each quarter; besides the pieces being more equally divided, as regards flesh, and from the handsomer appearance they make on the table.
CHAPTER XIX.—Veal recipes.

BAKED VEAL
(Cold Meat Cookery).

856. INGREDIENTS.—½ lb. of cold roast veal, a few slices of bacon, 1 pint of bread crumbs, ½ pint of good veal gravy, ½ teaspoonful of minced lemon-peel, 1 blade of pounded mace, cayenne and salt to taste, 4 eggs.

Mode.—Mince finely the veal and bacon; add the bread crumbs, gravy, and seasoning, and stir these ingredients well together. Beat up the eggs thoroughly; add these, mix the whole well together, put into a dish, and bake from ¾ to 1 hour. When liked, a little good gravy may be served in a tureen as an accompaniment.

Time.—From ¾ to 1 hour.

Average cost, exclusive of the cold meat, 6d.

Sufficient for 3 or 4 persons.

Seasonable from March to October.

ROAST BREAST OF VEAL.

857. INGREDIENTS.—Veal; a little flour.

Mode.—Wash the veal, well wipe it, and dredge it with flour; put it down to a bright fire, not too near, as it should not be scorched. Baste it plentifully until done; dish it, pour over the meat some good melted butter, and send to table with it a piece of boiled bacon and a cut lemon.

Time.—From 1½ to 2 hours.

Average cost, 8½d. per lb. Sufficient for 5 or 6 persons.

Seasonable from March to October.

STEWED BREAST OF VEAL AND PEAS.

858. INGREDIENTS.—Breast of veal, 2 oz. of butter, a bunch of savoury herbs, including parsley, 2 blades of pounded mace, 2 cloves, 5 or 6 young onions, 1 strip of lemon-peel, 6 allspice, ¼ teaspoonful of pepper, 1 teaspoonful of salt, thickening of butter and flour, 2 tablespoonfuls of sherry, 2 tablespoonfuls of tomato sauce, 1 tablespoonful of lemon-juice, 2 tablespoonfuls of mushroom ketchup, green peas.
Mode.—Cut the breast in half, after removing the bone underneath, and divide the meat into convenient-sized pieces. Put the butter into a frying-pan, lay in the pieces of veal, and fry until of a nice brown colour. Now place these in a stewpan with the herbs, mace, cloves, onions, lemon-peel, allspice, and seasoning; pour over them just sufficient boiling water to cover the meat; well close the lid, and let the whole simmer very gently for about 2 hours. Strain off as much gravy as is required, thicken it with butter and flour, add the remaining ingredients, skim well, let it simmer for about 10 minutes, then pour it over the meat. Have ready some green peas, boiled separately; sprinkle these over the veal, and serve. It may be garnished with forcemeat balls, or rashers of bacon curled and fried. Instead of cutting up the meat, many persons prefer it dressed whole;—in that case it should be half-roasted before the water, &c. are put to it.

Time.—2½ hours. Average cost, 8½d. per lb.

Sufficient for 5 or 6 persons.

Seasonable from March to October.

BREEDING OF CALVES.—The forwarding of calves to maturity, whether intended to be reared for stock, or brought to an early market as veal, is always a subject of great importance, and requires a considerable amount of intelligence in the selection of the best course, to adopt for either end. When meant to be reared as stock, the breeding should be so arranged that the cow shall calve about the middle of May. As our subject, however, has more immediate reference to the calf as meat than as stock, we shall confine our remarks to the mode of procedure adopted in the former case; and here, the first process adopted is that of weaning; which consists in separating the calf entirely from the cow, but, at the same time, rearing it on the mother's milk. As the business of the dairy would be suspended if every cow were allowed to rear its young, and butter, cheese, and cream become desiderata,—things to be desired, but not possessed, a system of economical husbandry becomes necessary, so as to retain our dairy produce, and yet, for some weeks at least, nourish the calf on its mother's milk, but without allowing the animal to draw that supply for itself: this, with the proper substituted food on which to rear the young animal, is called weaning.

VEAL CAKE
(a Convenient Dish for a Picnic).

859. INGREDIENTS.—A few slices of cold roast veal, a few slices of cold ham, 2 hard-boiled eggs, 2 tablespoonfuls of minced parsley, a little pepper, good gravy.

Mode.—Cut off all the brown outside from the veal, and cut the eggs into slices. Procure a pretty mould; lay veal, ham, eggs, and parsley in layers, with a little pepper between each, and when the mould is full, get some strong stock, and fill up the shape. Bake for ½ hour, and when cold, turn it out.

Time.—½ hour.

Seasonable at any time.
BOILED CALF'S FEET AND PARSLEY AND BUTTER.

860. INGREDIENTS.—2 calf's feet, 2 slices of bacon, 2 oz. of butter, 2 tablespoonfuls of lemon-juice, salt and whole pepper to taste, 1 onion, a bunch of savoury herbs, 4 cloves, 1 blade of mace, water, parsley and butter No. 493.

Mode.—Procure 2 white calf's feet; bone them as far as the first joint, and put them into warm water to soak for 2 hours. Then put the bacon, butter, lemon-juice, onion, herbs, spices, and seasoning into a stewpan; lay in the feet, and pour in just sufficient water to cover the whole. Stew gently for about 3 hours; take out the feet, dish them, and cover with parsley and butter, made by recipe No. 493. The liquor they were boiled in should be strained and put by in a clean basin for use: it will be found very good as an addition to gravies, &c. &c.

Time.—Rather more than 3 hours.

Average cost, in full season, 9d. each. Sufficient for 4 persons.

Seasonable from March to October.

WHEN A CALF SHOULD BE KILLED.—The age at which a calf ought to be killed should not be under four weeks: before that time the flesh is certainly not wholesome, wanting firmness, due development of muscular fibre, and those animal juices on which the flavour and nutritive properties of the flesh depend, whatever the unhealthy palate of epicures may deem to the contrary. In France, a law exists to prevent the slaughtering of calves under six weeks of age. The calf is considered in prime condition at ten weeks, when he will weigh from sixteen to eighteen stone, and sometimes even twenty.

FRICASSEED CALF'S FEET.

861. INGREDIENTS.—A set of calf's feet; for the batter allow for each egg 1 tablespoonful of flour, 1 tablespoonful of bread crumbs, hot lard or clarified dripping, pepper and salt to taste.

Mode.—If the feet are purchased uncleaned, dip them into warm water repeatedly, and scrape off the hair, first one foot and then the other, until the skin looks perfectly clean, a saucepan of water being kept by the fire until they are finished. After washing and soaking in cold water, boil them in just sufficient water to cover them, until the bones come easily away. Then pick them out, and after straining the liquor into a clean vessel, put the meat into a pie-dish until the next day. Now cut it down in slices about ½ inch thick, lay on them a stiff batter made of egg, flour, and bread crumbs in the above proportion; season with pepper and salt, and plunge them into a pan of boiling lard. Fry the slices a nice brown, dry them before the fire for a minute or two, dish them on a napkin, and garnish with tufts of parsley. This should be eaten with melted butter, mustard, and vinegar. Be careful to have the lard boiling to set the batter, or the pieces of feet will run about the pan. The liquor they were boiled in should be saved, and will be found useful for enriching gravies, making jellies, &c. &c.

Time.—About 3 hours to stew the feet, 10 or 15 minutes to fry them.
Average cost, in full season, 9d. each.

Sufficient for 8 persons.

Seasonable from March to October.

Note.—This dish can be highly recommended to delicate persons.

COLOUR OF VEAL.—As whiteness of flesh is considered a great advantage in veal, butchers, in the selection of their calves, are in the habit of examining the inside of its mouth, and noting the colour of the calf's eyes; alleging that, from the signs they there see, they can prognosticate whether the veal will be white or florid.

COLLARED CALF'S HEAD.

862. INGREDIENTS.—A calf's head, 4 tablespoonfuls of minced parsley, 4 blades of pounded mace, ½ teaspoonful of grated nutmeg, white pepper to taste, a few thick slices of ham, the yolks of 6 eggs boiled hard.

Mode.—Scald the head for a few minutes; take it out of the water, and with a blunt knife scrape off all the hair. Clean it nicely, divide the and remove the brains. Boil it tender enough to take out the bones, which will be in about 2 hours. When the is boned, flatten it on the table, sprinkle over it a thick layer of parsley, then a layer of ham, and then the yolks of the eggs cut into thin rings and put a seasoning of pounded mace, nutmeg, and white pepper between each layer; roll the up in a cloth, and tie it up as tightly as possible. Boil it for 4 hours, and when it is taken out of the pot, place a heavy weight on the top, the same as for other collars. Let it remain till cold; then remove the cloth and binding, and it will be ready to serve.

Time.—Altogether 6 hours. Average cost, 5s. to 7s. each.

Seasonable from March to October.

FEEDING A CALF.—The amount of milk necessary for a calf for some time, will be about four quarts a day, though, after the first fortnight, that quantity should be gradually increased, according to its development of body, when, if fed exclusively on milk, as much as three gallons a day will be requisite for the due health and requirements of the animal. If the weather is fine and genial, it should be turned into an orchard or small paddock for a few hours each day, to give it an opportunity to acquire a relish for the fresh pasture, which, by the tenth or twelfth week, it will begin to nibble and enjoy. After a certain time, the quantity of milk may be diminished, and its place supplied by water thickened with meal. Hay-tea and linseed-jelly are also highly nutritious substances, and may be used either as adjuncts or substitutes.

FRICASSEED CALF'S HEAD
(an Entree).

863. INGREDIENTS.—The remains of a boiled calf's , 1-½ pint of the liquor in which the was boiled, 1 blade of pounded mace, 1 onion minced, a bunch of savoury herbs, salt and white pepper to taste, thickening of butter and flour, the yolks of 2 eggs, 1 tablespoonful of lemon-juice, forcemeat balls.
Mode.—Remove all the bones from the calf, and cut the meat into nice square pieces. Put 1½ pints of the liquor it was boiled in into a saucepan, with mace, onion, herbs, and seasoning in the above proportion; let this simmer gently for ¾ hour, then strain it and put in the meat. When quite hot through, thicken the gravy with a little butter rolled in flour, and, just before dishing the fricassee, put in the beaten yolks of eggs and lemon-juice; but be particular, after these two latter ingredients are added, that the sauce does not boil, or it will curdle. Garnish with forcemeat balls and curled slices of broiled bacon. To insure the sauce being smooth, it is a good plan to dish the meat first, and then to add the eggs to the gravy: when these are set, the sauce may be poured over the meat.

Time.—Altogether, 1½ hour.

Average cost, exclusive of the meat, 6d.

CALF’S HEAD a la Maitre d’Hotel.

864. INGREDIENTS.—The remains of a cold calf’s, rather more than ½ pint of Maitre d’hôtel sauce No. 466.

Mode.—Make the sauce by recipe No. 466, and have it sufficiently thick that it may nicely cover the meat; remove the bones from the calf, and cut the meat into neat slices. When the sauce is ready, lay in the meat; let it gradually warm through, and, after it boils up, let it simmer very gently for 5 minutes, and serve.

Time.—Rather more than 1½ hour.

Average cost, exclusive of the meat, 1s. 2d.

Seasonable from March to October.

THE CALF IN AMERICA.—In America, the calf is left with the mother for three or four days, when it is removed, and at once fed on barley and oats ground together and made into a gruel, 1 quart of the meal being boiled for half an hour in 12 quarts of water. One quart of this certainly nutritious gruel, is to be given, lukewarm, morning and evening. In ten days, a bundle of soft hay is put beside the calf, which he soon begins to eat, and, at the same time, some of the dry meal is placed in his manger for him to lick. This process, gradually increasing the quantity of gruel twice a day, is continued for two months, till the calf is fit to go to grass, and, as it is said, with the best possible success. But, in this country, the mode pointed out in No. 862 has received the sanction of the best experience.

CURRIED VEAL
(Cold Meat Cookery).

865. INGREDIENTS.—The remains of cold roast veal, 4 onions, 2 apples sliced, 1 tablespoonful of curry-powder, 1 dessertspoonful of flour, ½ pint of broth or water, 1 tablespoonful of lemon-juice.

Mode.—Slice the onions and apples, and fry them in a little butter; then take them out, cut the meat into neat cutlets, and fry these of a pale brown; add the curry-powder and flour, put in the onion, apples, and a little broth or water, and stew gently till quite
tender; add the lemon-juice, and serve with an edging of boiled rice. The curry may be ornamented with pickles, capsicums, and gherkins arranged prettily on the top.

*Time.*—¾ hour. *Average cost*, exclusive of the meat, 4d. *Seasonable* from March to October.

**VEAL CUTLETS**  
(an Entree).

866. **INGREDIENTS.**—About 3 lbs. of the prime part of the leg of veal, egg and bread crumbs, 3 tablespoonfuls of minced savoury herbs, salt and pepper to taste, a small piece of butter.

*Mode.*—Have the veal cut into slices about ¾ of an inch in thickness, and, if not cut perfectly even, level the meat with a cutlet-bat or rolling-pin. Shape and trim the cutlets, and brush them over with egg. Sprinkle with bread crumbs, with which have been mixed minced herbs and a seasoning of pepper and salt, and press the crumbs down. Fry them of a delicate brown in fresh lard or butter, and be careful not to burn them. They should be very thoroughly done, but not dry. If the cutlets be thick, keep the pan covered for a few minutes at a good distance from the fire, after they have acquired a good colour; by this means, the meat will be done through. Lay the cutlets in a dish, keep them hot, and make a gravy in the pan as follows: Dredge in a little flour, add a piece of butter the size of a walnut, brown it, then pour as much boiling water as is required over it, season with pepper and salt, add a little lemon-juice, give one boil, and pour it over the cutlets. They should be garnished with slices of broiled bacon, and a few forcemeat balls will be found a very excellent addition to this dish.

*Time.*—For cutlets of a moderate thickness, about 12 minutes; if very thick, allow more time.

*Average cost*, 10d. per lb. *Sufficient* for 6 persons.

*Seasonable* from March to October.

*Note.*—Veal cutlets may be merely floured and fried of a nice brown; the gravy and garnishing should be the same as in the preceding recipe. They may also be cut from the loin or neck, as shown in the engraving.

**BROILED VEAL CUTLETS a l'Italiane**  
(an Entree).

867. **INGREDIENTS.**—Neck of veal, salt and pepper to taste, the yolk of 1 egg, bread crumbs, ½ pint of Italian sauce No. 453.

*Mode.*—Cut the veal into cutlets, flatten and trim them nicely; powder over them a little salt and pepper; brush them over with the yolk of an egg, dip them into bread
crumbs, then into clarified butter, and, afterwards, in the bread crumbs again; broil or
fry them over a clear fire, that they may acquire a good brown colour. Arrange them
in the dish alternately with rashers of broiled ham, and pour the sauce, made by recipe
No. 453, in the middle.

_Time._—10 to 15 minutes, according to the thickness of the cutlets.

_Average cost_, 10d. per lb.

_Seaasonable from March to October._

THE CALF’S-HEAD CLUB.—When the restoration of Charles II. took the strait waistcoat off
the minds and morose religion of the Commonwealth period, and gave a loose rein to the
long-compressed spirits of the people, there still remained a large section of society wedded to
the former state of things. The elders of this party retired from public sight, where, unoffended
by the reigning saturnalia, they might dream in seclusion over their departed Utopia. The
young bloods of this school, however, who were compelled to mingle in the world, yet
detesting the politics which had become the fashion, adopted a novel expedient to keep alive
their republican sentiments, and mark their contempt of the reigning family. They accordingly
met, in considerable numbers, at some convenient inn, on the 30th of January in each year,—
the anniversary of Charles's death, and dined together off a feast prepared from _calves' heads_,
dressed in every possible variety of way, and with an abundance of wine drank toasts of
defiance and hatred to the house of Stuart, and glory to the memory of old Noll Cromwell; and
having lighted a large bonfire in the yard, the club of fast young Puritans, with their white
handkerchiefs stained _red_ in wine, and one of the party in a mask, bearing an axe, followed by
the chairman, carrying a _calf's_ pinned up in a napkin, marched in mock procession to the
bonfire, into which, with great shouts and uproar, they flung the enveloped head. This odd
custom was continued for some time, and even down to the early part of this century it was
customary for men of republican politics always to dine off calf’s head on the 30th of January.

**VEAL CUTLETS a la Maintenon**

(an Entree).

868. **INGREDIENTS.**—2 or 3 lbs. of veal cutlets, egg and bread crumbs, 2
tablespoonfuls of minced savoury herbs, salt and pepper to taste, a little grated
nutmeg.

**Mode.**—Cut the cutlets about ¾ inch in thickness, flatten them, and brush them over
with the yolk of an egg; dip them into bread crumbs and minced herbs, season with
pepper and salt and grated nutmeg, and fold each cutlet in a piece of buttered paper.
Broil them, and send them to table with melted butter or a good gravy.

_Time._—From 15 to 18 minutes. _Average cost_, 10d. per lb.

_Sufficient for 5 or 6 persons._

_Seaasonable from March to October._
VEAL A LA BOURGEOISE.

(Excellent.)

869. INGREDIENTS.—2 to 3 lbs. of the loin or neck of veal, 10 or 12 young carrots, a bunch of green onions, 2 slices of lean bacon, 2 blades of pounded mace, 1 bunch of savoury herbs, pepper and salt to taste, a few new potatoes, 1 pint of green peas.

Mode.—Cut the veal into cutlets, trim them, and put the trimmings into a stewpan with a little butter; lay in the cutlets and fry them a nice brown colour on both sides. Add the bacon, carrots, onions, spice, herbs, and seasoning; pour in about a pint of boiling water, and stew gently for 2 hours on a very slow fire. When done, skim off the fat, take out the herbs, and flavour the gravy with a little tomato sauce and ketchup. Have ready the peas and potatoes, boiled separately; put them with the veal, and serve.

Time.—2 hours. Average cost, 2s. 9d.

Sufficient for 5 or 6 persons.

Seasonable from June to August with peas;—rather earlier when these are omitted.

SCOTCH COLLOPS

(Cold Meat Cookery).

870. INGREDIENTS.—The remains of cold roast veal, a little butter, flour, ½ pint of water, 1 onion, 1 blade of pounded mace, 1 tablespoonful of lemon-juice, ½ teaspoonful of finely-minced lemon-peel, 2 tablespoonfuls of sherry, 1 tablespoonful of mushroom ketchup.

Mode.—Cut the veal the same thickness as for cutlets, rather larger than a crown-piece; flour the meat well, and fry a light brown in butter; dredge again with flour, and add ½ pint of water, pouring it in by degrees; set it on the fire, and when it boils, add the onion and mace, and let it simmer very gently about ¾ hour; flavour the gravy with lemon-juice, peel, wine, and ketchup, in the above proportion; give one boil, and serve.

Time.—¾ hour.

Seasonable from March to October.

SCOTCH COLLOPS, WHITE

(Cold Meat Cookery).

871. INGREDIENTS.—The remains of cold roast veal, ½ teaspoonful of grated nutmeg, 2 blades of pounded mace, cayenne and salt to taste, a little butter, 1 dessertspoonful of flour, ¼ pint of water, 1 teaspoonful of anchovy sauce, 1 tablespoonful of lemon-juice, 1 teaspoonful of lemon-peel, 1 tablespoonful of mushroom ketchup, 3 tablespoonfuls of cream, 1 tablespoonful of sherry.
Mode.—Cut the veal into thin slices about 3 inches in width; hack them with a knife, and grate on them the nutmeg, mace, cayenne, and salt, and fry them in a little butter. Dish them, and make a gravy in the pan by putting in the remaining ingredients. Give one boil, and pour it over the collops; garnish with lemon and slices of toasted bacon, rolled. Forcemeat balls may be added to this dish. If cream is not at hand, substitute the yolk of an egg beaten up well with a little milk.

Time.—About 5 or 7 minutes.

Seasonable from May to October.

COOKING COLLOPS.—Dean Ramsay, who tells us, in his "Reminiscences of Scottish Life and Character," a number of famous stories of the strong-headed, warm-hearted, and plain-spoken old dames of the north, gives, amongst them, the following:—A strong-minded lady of this class was inquiring the character of a cook she was about to hire. The lady who was giving the character entered a little upon the cook's moral qualifications, and described her as a very decent woman; to which the astounding reply—this was 60 years ago, and a Dean tells the story—"Oh, d—n her decency; can she make good collops?"

ROAST FILLET OF VEAL.

872. INGREDIENTS.—Veal, forcemeat No. 417, melted butter.

Mode.—Have the fillet cut according to the size required; take out the bone, and after raising the skin from the meat, put under the flap a nice forcemeat, made by recipe No. 417. Prepare sufficient of this, as there should be some left to eat cold, and to season and flavour a mince if required. Skewer and bind the veal up in a round form; dredge well with flour, put it down at some distance from the fire at first, and baste continually. About ½ hour before serving, draw it nearer the fire, that it may acquire more colour, as the outside should be of a rich brown, but not burnt. Dish it, remove the skewers, which replace by a silver one; pour over the joint some good melted butter, and serve with either boiled ham, bacon, or pickled pork. Never omit to send a cut lemon to table with roast veal.

Time.—A fillet of veal weighing 12 lbs., about 4 hours.

Average cost, 9d. per lb.

Sufficient for 9 or 10 persons.

Seasonable from March to October.

STEWED FILLET OF VEAL.

873. INGREDIENTS.—A small fillet of veal, forcemeat No. 417, thickening of butter and flour, a few mushrooms, white pepper to taste, 2 tablespoonfuls of lemon-juice, 2 blades of pounded mace, ½ glass of sherry.

Mode.—If the whole of the leg is purchased, take off the knuckle to stew, and also the square end, which will serve for cutlets or pies. Remove the bone, and fill the space
with a forcemeat No. 417. Roll and skewer it up firmly; place a few skewers at the bottom of a stewpan to prevent the meat from sticking, and cover the veal with a little weak stock. Let it simmer very gently until tender, as the more slowly veal is stewed, the better. Strain and thicken the sauce, flavour it with lemon-juice, mace, sherry, and white pepper; give one boil, and pour it over the meat. The skewers should be removed, and replaced by a silver one, and the dish garnished with slices of cut lemon.

*Time.*—A. fillet of veal weighing 6 lbs., 3 hours' very gentle stewing.

*Average cost,* 9d. per lb.

*Sufficient* for 5 or 6 persons.

*Seasonable* from March to October.

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**THE GOLDEN CALF.**—We are told in the book of Genesis, that Aaron, in the lengthened absence of Moses, was constrained by the impatient people to make them an image to worship; and that Aaron, instead of using his delegated power to curb this sinful expression of the tribes, and appease the discontented Jews, at once complied with their demand, and, telling
them to bring to him their rings and trinkets, fashioned out of their willing contributions a calf of gold, before which the multitude fell down and worshipped. Whether this image was a solid figure of gold, or a wooden effigy merely, coated with metal, is uncertain. To suppose the former,—knowing the size of the image made from such trifling articles as rings, we must presuppose the Israelites to have spoiled the Egyptians most unmercifully; the figure, however, is of more consequence than the weight or size of the idol. That the Israelites brought away more from Goshen than the plunder of the Egyptians, and that they were deeply imbued with Egyptian superstition, the golden calf is only one, out of many instances of proof; for a gilded ox, covered with a pall, was in that country an emblem of Osiris, one of the gods of the Egyptian trinity. Besides having a sacred cow, and many varieties of the holy bull, this priest-ridden people worshipped the ox as a symbol of the sun, and offered to it divine honours, as the emblem of frugality, industry, and husbandry. It is therefore probable that, in borrowing so familiar a type, the Israelites, in their calf-worship, meant, under a well-understood cherubic symbol, to acknowledge the full force of those virtues, under an emblem of divine power and goodness. The prophet Hosea is full of denunciations against calf-worship in Israel, and alludes to the custom of kissing these idols, Hosea, viii, 4-6.

**FRICANDEAU OF VEAL**

(an Entree).

874. **INGREDIENTS.**—A piece of the fat side of a leg of veal (about 3 lbs.), lardoons, 2 carrots, 2 large onions, a faggot of savoury herbs, 2 blades of pounded mace, 6 whole allspice, 2 bay-leaves, pepper to taste, a few slices of fat bacon, 1 pint of stock No. 107.

**Mode.**—The veal for a fricandeau should be of the best quality, or it will not be good. It may be known by the meat being white and not thready. Take off the skin, flatten the veal on the table, then at one stroke of the knife, cut off as much as is required, for a fricandeau with an uneven surface never looks well. Trim it, and with a sharp knife make two or three slits in the middle, that it may taste more of the seasoning. Now lard it thickly with fat bacon, as lean gives a red colour to the fricandeau. Slice the vegetables, and put these, with the herbs and spices, in the **middle** of a stewpan, with a few slices of bacon at the top: these should form a sort of mound in the centre for the veal to rest upon. Lay the fricandeau over the bacon, sprinkle over it a little salt, and pour in just sufficient stock to cover the bacon, &c., without touching the veal. Let it gradually come to a boil; then put it over a slow and equal fire, and let it **simmer very gently** for about 2½ hours, or longer should it be very large. Baste it frequently with the liquor, and a short time before serving, put it into a brisk oven, to make the bacon firm, which otherwise would break when it was glazed. Dish the fricandeau, keep it hot, skim off the fat from the liquor, and reduce it quickly to a glaze, with which glaze the fricandeau, and serve with a purée of whatever vegetable happens to be in season—spinach, sorrel, asparagus, cucumbers, peas, &c.

**Time.**—2½ hours. If very large, allow more time.

**Average cost,** 3s. 6d.
Sufficient for an entrée.

Seasonable from March to October.

FRICANDEAU OF VEAL

(More economical.)

875. INGREDIENTS.—The best end of a neck of veal (about 2½ lbs.), lardoons, 2 carrots, 2 onions, a faggot of savoury herbs, 2 blades of mace, 2 bay-leaves, a little whole white pepper, a few slices of fat bacon.

Mode.—Cut away the lean part of the best end of a neck of veal with a sharp knife, scooping it from the bones. Put the bones in with a little water, which will serve to moisten the fricandeau: they should stew about 1½ hour. Lard the veal, proceed in the same way as in the preceding recipe, and be careful that the gravy does not touch the fricandeau. Stew very gently for 3 hours; glaze, and serve it on sorrel, spinach, or with a little gravy in the dish.

Time.—3 hours.

Average cost, 2s. 6d.

Sufficient for an entrée.

Seasonable from March to October.

Note.—When the prime part of the leg is cut off, it spoils the whole; consequently, to use this for a fricandeau is rather extravagant. The best end of the neck answers the purpose nearly or quite as well.

BOILED CALF’S HEAD

(with the Skin on).

876. INGREDIENTS.—Calf’s, boiling water, bread crumbs, 1 large bunch of parsley, butter, white pepper and salt to taste, 4 tablespoonfuls of melted butter, 1 tablespoonful of lemon-juice, 2 or 3 grains of caye nne.

Mode.—Put the into boiling water, and let it remain by the side of the fire for 3 or 4 minutes; take it out, hold it by the ear, and with the back of a knife, scrape off the hair (should it not come off easily, dip the again into boiling water). When perfectly clean, take the eyes out, cut off the ears, and remove the brain, which soak for an hour in warm water. Put the into hot water to soak for a few minutes, to make it look white, and then have ready a stewpan, into which lay the ; cover it with cold water, and bring it gradually to boil. Remove the scum, and add a little salt, which assists to throw it up. Simmer it very gently from 2½ to 3 hours, and when nearly done, boil the brains for ¼ hour; skin and chop them, not too finely, and add a tablespoonful of minced parsley which has been previously scalded. Season with pepper and salt, and stir the brains, parsley, &c., into about 4 tablespoonfuls of melted butter; add the lemon-juice and cayenne, and keep these hot by the side of the fire. Take up the , cut out the tongue, skin it, put it on a small dish with the brains round it; sprinkle over the a few
bread crumbs mixed with a little minced parsley; brown these before the fire, and serve with a tureen of parsley and butter, and either boiled bacon, ham, or pickled pork as an accompaniment.

*Time.*—2½ to 3 hours.

*Average cost,* according to the season, from 3s. to 7s. 6d.

*Sufficient* for 8 or 9 persons.

*Seasonable* from March to October.

**BOILED CALF'S HEAD**

(without the Skin).

877. **INGREDIENTS.**—Calf's, water, a little salt, 4 tablespoonfuls of melted butter, 1 tablespoonful of minced parsley, pepper and salt to taste, 1 tablespoonful of lemon-juice.

*Mode.*—After the has been thoroughly cleaned, and the brains removed, soak it in warm water to blanch it. Lay the brains also into warm water to soak, and let them remain for about an hour. Put the into a stewpan, with sufficient cold water to cover it, and when it boils, add a little salt; take off every particle of scum as it rises, and boil the until perfectly tender. Boil the brains, chop them, and mix with them melted butter, minced parsley, pepper, salt, and lemon-juice in the above proportion. Take up the, skin the tongue, and put it on a small dish with the brains round it. Have ready some parsley and butter, smother the with it, and the remainder send to table in a tureen. Bacon, ham, pickled pork, or a pig's cheek, are indispensable with calf's. The brains are sometimes chopped with hard-boiled eggs, and mixed with a little Béchamel or white sauce.

*Time.*—From 1½ to 2¼ hours.

*Average cost,* according to the season, from 3s. to 5s.

*Sufficient* for 6 or 7 persons.

*Seasonable* from March to October.
Note.—The liquor in which the was boiled should be saved: it makes excellent soup, and will be found a nice addition to gravies, &c. Half a calf’s is as frequently served as a whole one, it being a more convenient-sized joint for a small family. It is cooked in the same manner, and served with the same sauces, as in the preceding recipe.

HASHED CALF’S HEAD
(Cold Meat Cookery).

878. INGREDIENTS.—The remains of a cold boiled calf’s, 1 quart of the liquor in which it was boiled, a faggot of savoury herbs, 1 onion, 1 carrot, a strip of lemon-peel, 2 blades of pounded mace, salt and white pepper to taste, a very little cayenne, rather more than 2 tablespoonfuls of sherry, 1 tablespoonful of lemon-juice, 1 tablespoonful of mushroom ketchup, forcemeat balls.

Mode.—Cut the meat into neat slices, and put the bones and trimmings into a stewpan with the above proportion of liquor that the was boiled in. Add a bunch of savoury herbs, 1 onion, 1 carrot, a strip of lemon-peel, and 2 blades of pounded mace, and let these boil for 1 hour, or until the gravy is reduced nearly half. Strain it into a clean stewpan, thicken it with a little butter and flour, and add a flavouring of sherry, lemon-juice, and ketchup, in the above proportion; season with pepper, salt, and a little cayenne; put in the meat, let it gradually warm through, but not boil more than two or three minutes. Garnish the dish with forcemeat balls and pieces of bacon rolled and toasted, placed alternately, and send it to table very hot.

Time.—Altogether 1½ hour.

Average cost, exclusive of the remains of the, 6d.

Seasonable from March to October.

VEAL COLLOPS
(an Entree).

879. INGREDIENTS.—About 2 lbs. of the prime part of the leg of veal, a few slices of bacon, forcemeat No. 417, cayenne to taste, egg and bread crumbs, gravy.

Mode.—Cut the veal into long thin collops, flatten them, and lay on each a piece of thin bacon of the same size; have ready some forcemeat, made by recipe No. 417, which spread over the bacon, sprinkle over all a little cayenne, roll them up tightly, and do not let them be more than 2 inches long. Skewer each one firmly, egg and bread crumb them, and fry them a nice brown in a little butter, turning them occasionally, and shaking the pan about. When done, place them on a dish before the fire; put a small piece of butter in the pan, dredge in a little flour, add ¼ pint of water, 2 tablespoonfuls of lemon-juice, a seasoning of salt, pepper, and pounded mace; let the whole boil up, and pour it over the collops.

Time.—From 10 to 15 minutes.

Average cost, 10d. per lb.
Sufficient for 5 or 6 persons.

Seasonable from March to October.

Calf's Liver Aux Fines Herbes & Sauce Piquante.

880. Ingredients.—A calf's liver, flour, a bunch of savoury herbs, including parsley; when liked, 2 minced shalots; 1 teaspoonful of flour, 1 tablespoonful of vinegar, 1 tablespoonful of lemon-juice, pepper and salt to taste, ¼ pint water.

Mode.—Procure a calf's liver as white as possible, and cut it into slices of a good and equal shape. Dip them in flour, and fry them of a good colour in a little butter. When they are done, put them on a dish, which keep hot before the fire. Mince the herbs very fine, put them in the frying-pan with a little more butter; add the remaining ingredients, simmer gently until the herbs are done, and pour over the liver.

Time.—According to the thickness of the slices, from 5 to 10 minutes.

Average cost, 10d. per lb. Sufficient for 7 or 8 persons.

Seasonable from March to October.

Calf's Liver and Bacon.

881. Ingredients.—2 or 3 lbs. of liver, bacon, pepper and salt to taste, a small piece of butter, flour, 2 tablespoonfuls of lemon-juice, ¼ pint of water.

Mode.—Cut the liver in thin slices, and cut as many slices of bacon as there are of liver; fry the bacon first, and put that on a hot dish before the fire. Fry the liver in the fat which comes from the bacon, after seasoning it with pepper and salt and dredging over it a very little flour. Turn the liver occasionally to prevent its burning, and when done, lay it round the dish with a piece of bacon between each. Pour away the bacon fat, put in a small piece of butter, dredge in a little flour, add the lemon-juice and water, give one boil, and pour it in the middle of the dish. It may be garnished with slices of cut lemon, or forcemeat balls.

Time.—According to the thickness of the slices, from 5 to 10 minutes.

Average cost, 10d. per lb. Sufficient for 6 or 7 persons.

Seasonable from March to October.

Calf's Liver Larded and Roasted
(an Entree).

882. Ingredients.—A calf's liver, vinegar, 1 onion, 3 or 4 sprigs of parsley and thyme, salt and pepper to taste, 1 bay-leaf, lardoons, brown gravy.

Mode.—Take a fine white liver, and lard it the same as a fricandeau; put it into vinegar with an onion cut in slices, parsley, thyme, bay-leaf, and seasoning in the
above proportion. Let it remain in this pickle for 24 hours, then roast and baste it frequently with the vinegar, &c.; glaze it, serve under it a good brown gravy, or sauce piquante, and send it to table very hot.

*Time.*—Rather more than 1 hour. *Average cost,* 10d. per lb.

*Sufficient* for 7 or 8 persons.

*Seasonable* from March to October.

*Note.*—Calf's liver stuffed with forcemeat No. 417, to which has been added a little fat bacon, will be found a very savoury dish. It should be larded or wrapped in buttered paper, and roasted before a clear fire. Brown gravy and currant jelly should be served with it.

**FILLET OF VEAL AU BECHAMEL**

*(Cold Meat Cookery).*

883. **INGREDIENTS.**—A small fillet of veal, 1 pint of Béchamel sauce No. 367, a few bread crumbs, clarified butter.

*Mode.*—A fillet of real that has been roasted the preceding day will answer very well for this dish. Cut the middle out rather deep, leaving a good margin round, from which to cut nice slices, and if there should be any cracks in the veal, fill them up with forcemeat. Mince finely the meat that was taken out, mixing with it a little of the forcemeat to flavour, and stir to it sufficient Béchamel to make it of a proper consistency. Warm the veal in the oven for about an hour, taking care to baste it well, that it may not be dry; put the mince in the place where the meat was taken out, sprinkle a few bread crumbs over it, and drop a little clarified butter on the bread crumbs; put it into the oven for ¼ hour to brown, and pour Béchamel round the sides of the dish.

*Time.*—Altogether 1½ hour.

*Seasonable* from March to October.

**TO RAGOUT A KNUCKLE OF VEAL.**

884. **INGREDIENTS.**—Knuckle of veal, pepper and salt to taste, flour, 1 onion, 1 of celery, or a little celery-seed, a faggot of savoury herbs, 2 blades of pounded mace, thickening of butter and flour, a few young carrots, 1 tablespoonful of ketchup, 1 tablespoonful of tomato sauce, 3 tablespoonfuls of sherry, the juice of ¼ lemon.

*Mode.*—Cut the meat from a knuckle of veal into neat slices, season with pepper and salt, and dredge them with flour. Fry them in a little butter of a pale brown, and put them into a stewpan with the bone (which should be chopped in several places); add the celery, herbs, mace, and carrots; pour over all about 1 pint of hot water, and let it simmer very gently for 2 hours, over a slow but clear fire. Take out the slices of meat and carrots, strain and thicken the gravy with a little butter rolled in flour; add the remaining ingredients, give one boil, put back the meat and carrots, let these get hot
through, and serve. When in season, a few green peas, \textit{boiled separately}, and added to this dish at the moment of serving, would be found a very agreeable addition.

\textit{Time}.—2 hours. \textit{Average cost}, 5d. to 6d. per lb.

\textit{Sufficient} for 4 or 6 persons.

**STEWED KNUCKLE OF VEAL AND RICE.**

885. \textbf{INGREDIENTS}.—Knuckle of veal, 1 onion, 2 blades of mace, 1 teaspoonful of salt, ½ lb. of rice.

\textit{Mode}.—Have the knuckle cut small, or cut some cutlets from it, that it may be just large enough to be eaten the same day it is dressed, as cold boiled veal is not a particularly tempting dish. Break the shank-bone, wash it clean, and put the meat into a stewpan with sufficient water to cover it. Let it gradually come to a boil, put in the salt, and remove the scum as fast as it rises. When it has simmered gently for about ¾ hour, add the remaining ingredients, and stew the whole gently for 2-¼ hours. Put the meat into a deep dish, pour over it the rice, &c., and send boiled bacon, and a tureen of parsley and butter to table with it.

\textit{Time}.—A knuckle of veal weighing 6 lbs., 3 hours’ gentle stewing.

\textit{Average cost}, 5d. to 6d. per lb.

\textit{Sufficient} for 5 or 6 persons.

\textit{Seasonable} from March to October.

\textit{Note}.—Macaroni, instead of rice, boiled with the veal, will be found good; or the rice and macaroni may be omitted, and the veal sent to table smothered in parsley and butter.

**ROAST LOIN OF VEAL.**

886. \textbf{INGREDIENTS}.—Veal; melted butter.

\textit{Mode}.—Paper the kidney fat; roll in and skewer the flap, which makes the joint a good shape; dredge it well with flour, and put it down to a bright fire. Should the loin be very large, skewer the kidney back for a time to roast thoroughly. Keep it well basted, and a short time before serving, remove the paper from the kidney, and
allow it to acquire a nice brown colour, but it should not be burnt. Have ready some melted butter, put it into the dripping-pan after it is emptied of its contents, pour it over the veal, and serve. Garnish the dish with slices of lemon and forcemeat balls, and send to table with it, boiled bacon, ham, pickled pork, or pig's cheek.

*Time.*—A large loin, 3 hours.

*Average cost,* 9½d. per lb.

*Sufficient* for 7 or 8 persons.

*Seasonable* from March to October.

*Note.*—A piece of toast should be placed under the kidney when the veal is dished.

**LOIN OF VEAL AU BECHAMEL**
*(Cold Meat Cookery).*

887. **INGREDIENTS.**—Loin of veal, ½ teaspoonful of minced lemon-peel, rather more than ½ pint of Béchamel or white sauce.

*Mode.*—A loin of veal which has come from table with very little taken off, answers very well for this dish. Cut off the meat from the inside, mince it, and mix with it some minced lemon-peel; put it into sufficient Béchamel to warm through. In the mean time, wrap the joint in buttered paper, and place it in the oven to warm. When thoroughly hot, dish the mince, place the loin above it, and pour over the remainder of the Béchamel.

*Time.*—1½ hour to warm the meat in the oven.

*Seasonable* from March to October.

**LOIN OF VEAL, a la Daube.**

888. **INGREDIENTS.**—The chump end of a loin of veal, forcemeat No. 417, a few slices of bacon, a bunch of savoury herbs, 2 blades of mace, ½ teaspoonful of whole white pepper, 1 pint of veal stock or water, 5 or 6 green onions.

*Mode.*—Cut off the chump from a loin of veal, and take out the bone; fill the cavity with forcemeat No. 417, tie it up tightly, and lay it in a stewpan with the bones and trimmings, and cover the veal with a few slices of bacon. Add the herbs, mace, pepper, and onions, and stock or water; cover the pan with a closely-fitting lid, and simmer for 2 hours, shaking the stewpan occasionally. Take out the bacon, herbs, and onions; reduce the gravy, if not already thick enough, to a glaze, with which glaze the meat, and serve with tomato, mushroom, or sorrel sauce.

*Time.*—2 hours.

*Average cost,* 9d. per lb.
MINCED VEAL, with Béchamel Sauce
(Cold Meat Cookery).
(Very Good.)

889. INGREDIENTS.—The remains of a fillet of veal, 1 pint of Béchamel sauce No. 367, ½ teaspoonful of minced lemon-peel, forcemeat balls.

Mode.—Cut—but do not chop—a few slices of cold roast veal as finely as possible, sufficient to make rather more than 1 lb., weighed after being minced. Make the above proportion of Béchamel, by recipe No. 367; add the lemon-peel, put in the veal, and let the whole gradually warm through. When it is at the point of simmering, dish it, and garnish with forcemeat balls and fried sippets of bread.

Time.—To simmer 1 minute.

Average cost, exclusive of the cold meat, 1s. 4d.

Sufficient for 5 or 6 persons.

Seasonable from March to October.

MINCED VEAL.
(More Economical.)

890. INGREDIENTS.—The remains of cold roast fillet or loin of veal, rather more than 1 pint of water, 1 onion, ½ teaspoonful of minced lemon-peel, salt and white pepper to taste, 1 blade of pounded mace, 2 or 3 young carrots, a faggot of sweet herbs, thickening of butter and flour, 1 tablespoonful of lemon-juice, 3 tablespoonfuls of cream or milk.

Mode.—Take about 1 lb. of veal, and should there be any bones, dredge them with flour, and put them into a stewpan with the brown outside, and a few meat trimmings; add rather more than a pint of water, the onion cut in slices, lemon-peel, seasoning, mace, carrots, and herbs; simmer these well for rather more than 1 hour, and strain the liquor. Rub a little flour into some butter; add this to the gravy, set it on the fire, and, when it boils, skim well. Mince the veal finely by cutting, and not chopping it; put it in the gravy; let it get warmed through gradually; add the lemon-juice and cream, and, when it is on the point of boiling, serve. Garnish the dish with sippets of toasted bread and slices of bacon rolled and toasted. Forcemeat balls may also be added. If more lemon-peel is liked than is stated above, put a little very finely minced to the veal, after it is warmed in the gravy.

Time.—1 hour to make the gravy.

Average cost, exclusive of the cold meat, 6d.
Seasonable from March to October.

THE Calf A SYMBOL OF DIVINE POWER.—A singular symbolical ceremony existed among the Hebrews, in which the calf performed a most important part. The calf being a type or symbol of Divine power, or what was called the Elohim,—the Almighty intelligence that brought them out of Egypt,—was looked upon much in the same light by the Jews, as the cross subsequently was by the Christians, a mystical emblem of the Divine passion and goodness. Consequently, an oath taken on either the calf or the cross was considered equally solemn and sacred by Jew or Nazarene, and the breaking of it a soul-staining perjury on themselves, and an insult and profanation directly offered to the Almighty. To render the oath more impressive and solemn, it was customary to slaughter a dedicated calf in the temple, when, the priests having divided the carcase into a certain number of parts, and with intervening spaces, arranged the severed limbs on the marble pavement, the one, or all the party, if there were many individuals, to be bound by the oath, repeating the words of the compact, threaded their way in and out through the different spaces, till they had taken the circuit of each portion of the divided calf, when the ceremony was concluded. To avert the anger of the Lord, when Jerusalem was threatened by Nebuchadnezzar and his Babylonian host, the Jews had made a solemn to God, ratified by the ceremony of the calf, if He released them from their dreaded foe, to cancel the servitude of their Hebrew brethren. After investing the city for some time, and reducing the inhabitants to dreadful suffering and privation, the Babylonians, hearing that Pharaoh, whom the Jews had solicited for aid, was rapidly approaching with a powerful army, hastily raised the siege, and, removing to a distance, took up a position where they could intercept the Egyptians, and still cover the city. No sooner did the Jews behold the retreat of the enemy, than they believed all danger was past, and, with their usual turpitude, they repudiated their oath, and refused to liberate their oppressed countrymen. For this violation of their covenant with the Lord, they were given over to all the horrors of the sword, pestilence, and famine—Jeremiah, xxxiv. 15-17.

MINCED VEAL AND MACARONI.
(A pretty side or corner dish.)

891. INGREDIENTS.—¾ lb. of minced cold roast veal, 3 oz. of ham, 1 tablespoonful of gravy, pepper and salt to taste, 3 teaspoonful of grated nutmeg, ¼ lb. of bread crumbs, ¼ lb. of macaroni, 1 or 2 eggs to bind, a small piece of butter.

Mode.—Cut some nice slices from a cold fillet of veal, trim off the brown outside, and mince the meat finely with the above proportion of ham: should the meat be very dry, add a spoonful of good gravy. Season highly with pepper and salt, add the grated nutmeg and bread crumbs, and mix these ingredients with 1 or 2 eggs well beaten, which should bind the mixture and make it like forcemeat. In the mean time, boil the macaroni in salt and water, and drain it; butter a mould, put some of the macaroni at the bottom and sides of it, in whatever form is liked; mix the remainder with the forcemeat, fill the mould up to the top, put a plate or small dish on it, and steam for ½ hour. Turn it out carefully, and serve with good gravy poured round, but not over, the meat.

Time.—½ hour. Average cost, exclusive of the cold meat, 10d.

Seasonable from March to October.

Note.—To make a variety, boil some carrots and turnips separately in a little salt and water; when done, cut them into pieces about 1/8 inch in thickness; butter an oval mould, and place these in it, in white and red stripes alternately, at the bottom and
MOULDED MINCED VEAL
(Cold Meat Cookery).

892. INGREDIENTS.—¾ lb. of cold roast veal, a small slice of bacon, ¼ teaspoonful of minced lemon-peel, ½ onion chopped fine, salt, pepper, and pounded mace to taste, a slice of toast soaked in milk, 1 egg.

Mode.—Mince the meat very fine, after removing from it all skin and outside pieces, and chop the bacon; mix these well together, adding the lemon-peel, onion, seasoning, mace, and toast. When all the ingredients are thoroughly incorporated, heat up an egg, with which bind the mixture. Butter a shape, put in the meat, and hake for ¾ hour; turn it out of the mould carefully, and pour round it a good brown gravy. A sheep's dressed in this manner is an economical and savoury dish.

Time.—¾ hour. Average cost, exclusive of the meat, 6d.

Seasonable from March to October.

BRAISED NECK OF VEAL.

893. INGREDIENTS.—The best end of the neck of veal (from 3 to 4 lbs.), bacon, 1 tablespoonful of minced parsley, salt, pepper, and grated nutmeg to taste; 1 onion, 2 carrots, a little celery (when this is not obtainable, use the seed), ½ glass of sherry, thickening of butter and flour, lemon-juice, 1 blade of pounded mace.

Mode.—Prepare the bacon for larding, and roll it in minced parsley, salt, pepper, and grated nutmeg; lard the veal, put it into a stewpan with a few slices of lean bacon or ham, an onion, carrots, and celery; and do not quite cover it with water. Stew it gently for 2 hours, or until it is quite tender; strain off the liquor; stir together over the fire, in a stewpan, a little flour and butter until brown; lay the veal in this, the upper side to the bottom of the pan, and let it remain till of a nice brown colour. Place it in the dish; pour into the stewpan as much gravy as is required, boil it up, skim well, add the wine, pounded mace, and lemon-juice; simmer for 3 minutes, pour it over the meat, and serve.

Time.—Rather more than 2 hours.

Average cost, 8d. per lb.

Sufficient for 5 or 6 persons.

Seasonable from March to October.

BIRTH OF CALVES.—The cow seldom produces more than a single calf; sometimes, twins, and, very rarely, three. A French newspaper, however,—the "Nouveau Bulletin des Sciences,"—gave a trustworthy but extraordinary account of a cow which produced nine calves in all, at three successive births, in three successive years. The first year, four cow
calves; the second year, three calves, two of them females; the third year, two calves, both females. With the exception of two belonging to the first birth, all were suckled by the mother.

**ROAST NECK OF VEAL.**

894. **INGREDIENTS.**—Veal, melted butter, forcemeat balls.

**Mode.**—Have the veal cut from the best end of the neck; dredge it with flour, and put it down to a bright clear fire; keep it well basted; dish it, pour over it some melted butter, and garnish the dish with fried forcemeat balls; send to table with a cut lemon. The scrag may be boiled or stewed in various ways, with rice, onion-sauce, or parsley and butter.

**Time.**—About 2 hours. **Average cost,** 8d. per lb.

**Sufficient.**—4 or 5 lbs. for 5 or 6 persons.

**Seasonable** from March to October.

**VEAL OLIVE PIE**
(Cold Meat Cookery).

895. **INGREDIENTS.**—A few thin slices of cold fillet of veal, a few thin slices of bacon, forcemeat No. 417, a cupful of gravy, 4 tablespoonfuls of cream, puff-crust.

**Mode.**—Cut thin slices from a fillet of veal, place on them thin slices of bacon, and over them a layer of forcemeat, made by recipe No. 417, with an additional seasoning of shalot and cayenne; roll them tightly, and fill up a pie-dish with them; add the gravy and cream, cover with a puff-crust, and bake for 1 to 1-½ hour: should the pie be very large, allow 2 hours. The pieces of rolled veal should be about 3 inches in length, and about 3 inches round.

**Time.**—Moderate-sized pie, 1 to 1-½ hour.

**Seasonable** from March to October.

**FRIED PATTIES**
(Cold Meat Cookery).

896. **INGREDIENTS.**—Cold roast veal, a few slices of cold ham, 1 egg boiled hard, pounded mace, pepper and salt to taste, gravy, cream, 1 teaspoonful of minced lemon-peel, good puff-paste.

**Mode.**—Mince a little cold veal and ham, allowing one-third ham to two-thirds veal; add an egg boiled hard and chopped, and a seasoning of pounded mace, salt, pepper, and lemon-peel; moisten with a little gravy and cream. Make a good puff-paste; roll rather thin, and cut it into round or square pieces; put the mince between two of them, pinch the edges to keep in the gravy, and fry a light brown. They may be also baked in patty-pans: in that case, they should be brushed over with the yolk of an egg before they are put in the oven. To make a variety, oysters may be substituted for the ham.
THE BOOK OF HOUSEHOLD MANAGEMENT

Time.—15 minutes to fry the patties.

Seasonable from March to October.

VEAL PIE.

897. INGREDIENTS.—2 lbs. of veal cutlets, 1 or 2 slices of lean bacon or ham, pepper and salt to taste, 2 tablespoonfuls of minced savoury herbs, 2 blades of pounded mace, crust, 1 teacupful of gravy.

Mode.—Cut the cutlets into square pieces, and season them with pepper, salt, and pounded mace; put them in a pie-dish with the savoury herbs sprinkled over, and 1 or 2 slices of lean bacon or ham placed at the top: if possible, this should be previously cooked, as undressed bacon makes the veal red, and spoils its appearance. Pour in a little water, cover with crust, ornament it in any way that is approved; brush it over with the yolk of an egg, and bake in a well-heated oven for about 1-½ hour. Pour in a good gravy after baking, which is done by removing the top ornament, and replacing it after the gravy is added.

Time.—About 1-½ hour. Average cost, 2s. 6d.

Sufficient for 5 or 6 persons.

Seasonable from March to October.

A VERY VEAL DINNER.—At a dinner given by Lord Polkemmet, a Scotch nobleman and judge, his guests saw, when the covers were removed, that the fare consisted of veal broth, a roasted fillet of veal, veal cutlets, a veal pie, a calf's head, and calf's-foot jelly. The judge, observing the surprise of his guests, volunteered an explanation.—“Oh, ay, it's a' cauf; when we kill a beast, we just eat up ae side, and doun the tither.”

VEAL AND HAM PIE.

898. INGREDIENTS.—2 lbs. of veal cutlets, ½ lb. of boiled ham, 2 tablespoonfuls of minced savoury herbs, ¼ teaspoonful of grated nutmeg, 2 blades of pounded mace, pepper and salt to taste, a strip of lemon-peel finely minced, the yolks of 2 hard-boiled eggs, ½ pint of water, nearly ½ pint of good strong gravy, puff-crust.

Mode.—Cut the veal into nice square pieces, and put a layer of them at the bottom of a pie-dish; sprinkle over these a portion of the herbs, spices, seasoning, lemon-peel, and the yolks of the eggs cut in slices; cut the ham very thin, and put a layer of this in. Proceed in this manner until the dish is full, so arranging it that the ham comes at the top. Lay a puff-paste on the edge of the dish, and pour in about ½ pint of water; cover with crust, ornament it with leaves, brush it over with the yolk of an egg, and bake in a well-heated oven for 1 to 1-½ hour, or longer, should the pie be very large. When it is taken out of the oven, pour in at the top, through a funnel, nearly ½ pint of strong gravy: this should be made sufficiently good that, when cold, it may cut in a firm jelly. This pie may be very much enriched by adding a few mushrooms, oysters, or sweetbreads; but it will be found very good without any of the last-named additions.
Time.—1½ hour, or longer, should the pie be very large. Average cost, 3s. Sufficient for 5 or 6 persons. Seasonable from March to October.

**POTTED VEAL**
(for Breakfast).

899. INGREDIENTS.—To every lb. of veal allow ¼ lb. of ham, cayenne and pounded mace to taste, 6 oz. of fresh butter; clarified butter.

Mode.—Mince the veal and ham together as finely as possible, and pound well in a mortar, with cayenne, pounded mace, and fresh butter in the above proportion. When reduced to a perfectly smooth paste, press it into potting-pots, and cover with clarified butter. If kept in a cool place, it will remain good some days.

Seasonable from March to October.

NAMES OF CALVES, &c.—During the time the young male calf is suckled by his mother, he is called a bull-or ox-calf; when turned a year old, he is called a stirk, stot, or yearling; on the completion of his second year, he is called a two-year-old bull or steer (and in some counties a twinter); then, a three-year-old steer; and at four, an ox or a bullock, which latter names are retained till death. It may be here remarked, that the term ox is used as a general or common appellation for neat cattle, in a specific sense, and irrespective of sex; as the British ox, the Indian ox. The female is termed cow, but while sucking the mother, a cow-calf; at the age of a year, she is called a yearling quey; in another year, a heifer, or twinter; then, a three-year-old quey or twinter; and, at four years old, a cow. Other names, to be regarded as provincialisms, may exist in different districts.

**RAGOUT OF COLD VEAL**
(Cold Meat Cookery).

900. INGREDIENTS.—The remains of cold veal, 1 oz. of butter, ½ pint of gravy, thickening of butter and flour, pepper and salt to taste, 1 blade of pounded mace, 1 tablespoonful of mushroom ketchup, 1 tablespoonful of sherry, 1 dessertspoonful of lemon-juice, forcemeat balls.

Mode.—Any part of veal will make this dish. Cut the meat into nice-looking pieces, put them in a stewpan with 1 oz. of butter, and fry a light brown; add the gravy (hot water may be substituted for this), thicken with a little butter and flour, and stew gently about ¼ hour; season with pepper, salt, and pounded mace; add the ketchup, sherry, and lemon-juice; give one boil, and serve. Garnish the dish with forcemeat balls and fried rashers of bacon.

Time.—Altogether ½ hour.

Average cost, exclusive of the cold meat, 6d.

Seasonable from March to October.

Note.—The above recipe may be varied, by adding vegetables, such as peas, cucumbers, lettuces, green onions cut in slices, a dozen or two of green gooseberries (not seedy), all of which should be fried a little with the meat, and then stewed in the gravy.
VEAL RISSOLES
(Cold Meat Cookery).

901. INGREDIENTS.—A few slices of cold roast veal, a few slices of ham or bacon, 1 tablespoonful of minced parsley, 1 tablespoonful of minced savoury herbs, 1 blade of pounded mace, a very little grated nutmeg, cayenne and salt to taste, 2 eggs well beaten, bread crumbs.

Mode.—Mince the veal very finely with a little ham or bacon; add the parsley, herbs, spices, and seasoning; mix into a paste with an egg; form into balls or cones; brush these over with egg, sprinkle with bread crumbs, and fry a rich brown. Serve with brown gravy, and garnish the dish with fried parsley.

Time.—About 10 minutes to fry the rissoles.

Seasonable from March to October.

VEAL ROLLS
(Cold Meat Cookery).

902. INGREDIENTS.—The remains of a cold fillet of veal, egg and bread crumbs, a few slices of fat bacon, forcemeat No. 417.

Mode.—Cut a few slices from a cold fillet of veal ½ inch thick; rub them over with egg; lay a thin slice of fat bacon over each piece of veal; brush these with the egg, and over this spread the forcemeat thinly; roll up each piece tightly, egg and bread crumb them, and fry them a rich brown. Serve with mushroom sauce or brown gravy.

Time.—10 to 15 minutes to fry the rolls.

Seasonable from March to October.

SHOULDER OF VEAL, Stuffed and Stewed.

903. INGREDIENTS.—A shoulder of veal, a few slices of ham or bacon, forcemeat No. 417, 3 carrots, 2 onions, salt and pepper to taste, a faggot of savoury herbs, 3 blades of pounded mace, water, thickening of butter and flour.

Mode.—Bone the joint by carefully detaching the meat from the blade-bone on one side, and then on the other, being particular not to pierce the skin; then cut the bone from the knuckle, and take it out. Fill the cavity whence the bone was taken with a forcemeat made by recipe No. 417. Roll and bind the veal up tightly; put it into a stew-pan with the carrots, onions, seasoning, herbs, and mace; pour in just sufficient water to cover it, and let it stew very gently for about 5 hours. Before taking it up, try if it is properly done by thrusting a larding-needle in it: if it penetrates easily, it is sufficiently cooked. Strain and skim the gravy, thicken with butter and flour, give one boil, and pour it round the meat. A few young carrots may be boiled and placed round the dish as a garnish, and, when in season, green peas should always be served with this dish.
THE FATTENING OF CALVES.—The fattening of calves for the market is an important business in Lanarkshire or Clydesdale, and numbers of newly-dropped calves are regularly carried there from the farmers of the adjacent districts, in order to be prepared for the butcher. The mode of feeding them is very simple; milk is the chief article of their diet, and of this the calves require a sufficient supply from first to last. Added to this, they must be kept in a well- aired place, neither too hot nor too cold, and freely supplied with dry litter. It is usual to exclude the light,—at all events to a great degree, and to put within their reach a lump of chalk, which they are very fond of licking. Thus fed, calves, at the end of 8 or 9 weeks, often attain a very large size; viz., 18 to 20 stone, exclusive of the offal. Far heavier weights have occurred, and without any deterioration in the delicacy and richness of the flesh. This mode of feeding upon milk alone at first appears to be very expensive, but it is not so, when all things are taken into consideration; for at the age of 9 or 10 weeks a calf, originally purchased for 8 shillings, will realize nearly the same number of pounds. For 4, or even 6 weeks, the milk of one cow is sufficient,—indeed half that quantity is enough for the first fortnight; but after the 5th or 6th week it will consume the greater portion of the milk of two moderate cows; but then it requires neither oil-cake nor linseed, nor any other food. Usually, however, the calves are not kept beyond the age of 6 weeks, and will then sell for 5 or 6 pounds each: the milk of the cow is then ready for a successor. In this manner a relay of calves may be prepared for the markets from early spring to the end of summer, a plan more advantageous than that of overfeeding one to a useless degree of corpulency.

VEAL SAUSAGES.

904. INGREDIENTS.—Equal quantities of fat bacon and lean veal; to every lb. of meat, allow 1 teaspoonful of minced sage, salt and pepper to taste.

Mode.—Chop the meat and bacon finely, and to every lb. allow the above proportion of very finely-minced sage; add a seasoning of pepper and salt, mix the whole well together, make it into flat cakes, and fry a nice brown.

Seasonable from March to October.

STEWED VEAL, with Peas, young Carrots, and new Potatoes.

905. INGREDIENTS.—3 or 4 lbs. of the loin or neck of veal, 15 young carrots, a few green onions, 1 pint of green peas, 12 new potatoes, a bunch of savoury herbs, pepper and salt to taste, 1 tablespoonful of lemon-juice, 2 tablespoonfuls of tomato sauce, 2 tablespoonfuls of mushroom ketchup.

Mode.—Dredge the meat with flour, and roast or bake it for about ¾ hour: it should acquire a nice brown colour. Put the meat into a stewpan with the carrots, onions, potatoes, herbs, pepper, and salt; pour over it sufficient boiling water to cover it, and stew gently for 2 hours. Take out the meat and herbs, put it in a deep dish, skim off all the fat from the gravy, and flavour it with lemon-juice, tomato sauce, and mushroom ketchup in the above proportion. Have ready a pint of green peas boiled; put these with the meat, pour over it the gravy, and serve. The dish may be garnished with a few forcemeat balls. The meat, when preferred, may be cut into chops, and floured and fried instead of being roasted; and any part of veal dressed in this way will be found extremely savoury and good.
BAKED SWEETBREADS
(an Entree).

906. INGREDIENTS.—3 sweetbreads, egg and bread crumbs, oiled butter, 3 slices of toast, brown gravy.

Mode.—Choose large white sweetbreads; put them into warm water to draw out the blood, and to improve their colour; let them remain for rather more than 1 hour; then put them into boiling water, and allow them to simmer for about 10 minutes, which renders them firm. Take them up, drain them, brush over with egg, sprinkle with bread crumbs; dip them in egg again, and then into more bread crumbs. Drop on them a little oiled butter, and put the sweetbreads into a moderately-heated oven, and let them bake for nearly ¾ hour. Make 3 pieces of toast; place the sweetbreads on the toast, and pour round, but not over them, a good brown gravy.

Time.—To soak 1 hour, to be boiled 10 minutes, baked 40 minutes.

Average cost, 1s. to 5s. Sufficient for an entrée.

Seasonable.—In full season from May to August.

FRIED SWEETBREADS a la Maitre d'Hotel
(an Entree).

907. INGREDIENTS.—3 sweetbreads, egg and bread crumbs, ¼ lb. of butter, salt and pepper to taste, rather more than ½ pint of Maître d'hôtel sauce No. 466.

Mode.—Soak the sweetbreads in warm water for an hour; then boil them for 10 minutes; cut them in slices, egg and bread crumb them, season with pepper and salt, and put them into a frying-pan, with the above proportion of butter. Keep turning them until done, which will be in about 10 minutes; dish them, and pour over them a Maître d'hôtel sauce, made by recipe No. 466. The dish may be garnished with slices of cut lemon.

Time.—To soak 1 hour, to be broiled 10 minutes, to be fried about 10 minutes.

Average cost, 1s. to 5s., according to the season.

Sufficient for an entrée.

Seasonable.—In full season from May to August.
Note.—The egg and bread crumb may be omitted, and the slices of sweetbread dredged with a little flour instead, and a good gravy may be substituted for the maître hôtel sauce. This is a very simple method of dressing them.

**STEWED SWEETBREADS**

(an Entree).

908. **INGREDIENTS.**—3 sweetbreads, 1 pint of white stock No. 107, thickening of butter and flour, 6 tablespoonfuls of cream, 1 tablespoonful of lemon-juice, 1 blade of pounded mace, white pepper and salt to taste.

**Mode.**—Soak the sweetbreads in warm water for 1 hour, and boil them for 10 minutes; take them out, put them into cold water for a few minutes; lay them in a stewpan with the stock, and simmer them gently for rather more than ½ hour. Dish them; thicken the gravy with a little butter and flour; let it boil up, add the remaining ingredients, allow the sauce to get quite hot, but not boil, and pour it over the sweetbreads.

**Time.**—To soak 1 hour, to be boiled 10 minutes, stewed rather more than ½ hour.

**Average cost,** from 1s. to 5s., according to the season.

**Sufficient** for an entrée.

**Seasonable.**—In full season from May to August.

Note.—A few mushrooms added to this dish, and stewed with the sweetbreads, will be found an improvement.

**SEASON AND CHOICE OF VEAL.**—Veal, like all other meats, has its season of plenty. The best veal, and the largest supply, are to be had from March to the end of July. It comes principally from the western counties, and is generally of the Alderney breed. In purchasing veal, its whiteness and fineness of grain should be considered, the colour being especially of the utmost consequence. Veal may be bought at all times of the year and of excellent quality, but is generally very dear, except in the months of plenty.

**STEWED TENDRONS DE VEAU**

(an Entree).

909. **INGREDIENTS.**—The gristles from 2 breasts of veal, stock No. 107, 1 faggot of savoury herbs, 2 blades of pounded mace, 4 cloves, 2 carrots, 2 onions, a strip of lemon-peel.

**Mode.**—The tendrons or gristles, which are found round the front of a breast of veal, are now very frequently served as an entrée, and when well dressed, make a nice and favourite dish. Detach the gristles from the bone, and cut them neatly out, so as not to spoil the joint for roasting or stewing. Put them into a stewpan, with sufficient stock, No. 107, to cover them; add the herbs, mace, cloves, carrots, onions, and lemon, and simmer these for nearly, or quite, 4 hours. They should be stewed until a fork will enter the meat easily. Take them up, drain them, strain the gravy, boil it down to a glaze, with which glaze the meat. Dish the tendrons in a circle, with croûtons fried of
a nice colour placed between each; and put mushroom sauce, or a purée of green peas or tomatoes, in the middle.

*Time.*—4 hours. *Sufficient* for one entrée.

*Seasonable.*—With peas, from June to August.

**COW-POX, OR VARIOLA.**—It is to Dr. Jenner, of Berkeley, Gloucestershire, who died in 1823, that we owe the practice of vaccination, as a preservative from the attack of that destructive scourge of the human race, the small-pox. The experiments of this philosophic man were begun in 1797, and published the next year. He had observed that cows were subject to a certain infectious eruption of the teats, and that those persons who became affected by it, while milking the cattle, escaped the small-pox raging around them. This fact, known to farmers from time immemorial, led him to a course of experiments, the result of which all are acquainted with.

**TENDRONS DE VEAU**

*(an Entree).*

910. **INGREDIENTS.**—The gristles from 2 breasts of veal, stock No. 107, 1 faggot of savoury herbs, 1 blade of pounded mace, 4 cloves, 2 carrots, 2 onions, a strip of lemon-peel, egg and bread crumbs, 2 tablespoonfuls of chopped mushrooms, salt and pepper to taste, 2 tablespoonfuls of sherry, the yolk of 1 egg, 3 tablespoonfuls of cream.

*Mode.*—After removing the gristles from a breast of veal, stew them for 4 hours, as in the preceding recipe, with stock, herbs, mace, cloves, carrots, onions, and lemon-peel. When perfectly tender, lift them out and remove any bones or hard parts remaining. Put them between two dishes, with a weight on the top, and when cold, cut them into slices. Brush these over with egg, sprinkle with bread crumbs, and fry a pale brown. Take ½ pint of the gravy they were boiled in, add 2 tablespoonfuls of chopped mushrooms, a seasoning of salt and pepper, the sherry, and the yolk of an egg beaten with 3 tablespoonfuls of cream. Stir the sauce over the fire until it thickens; when it is on the *point of boiling*, dish the tendrons in a circle, and pour the sauce in the middle. Tendrons are dressed in a variety of ways,—with sauce à l'Espagnole, vegetables of all kinds: when they are served with a purée, they should always be glazed.

*Time.*—4½ hours. *Average cost.*—Usually bought with breast of veal.

*Sufficient* for an entrée.

*Seasonable* from March to October.

**TETE DE VEAU EN TORTUE**

*(an Entree).*

911. **INGREDIENTS.**—Half a calf's, or the remains of a cold boiled one; rather more than 1 pint of good white stock, No. 107, 1 glass of sherry or Madeira, cayenne and salt to taste, about 12 mushroom-buttons (when obtainable), 6 hard-boiled eggs, 4 gherkins, 8 quenelles or forcemeat balls, No. 422 or 423, 12 crayfish, 12 croûtons.
Mode.—Half a calf's is sufficient to make a good entrée, and if there are any remains of a cold one left from the preceding day, it will answer very well for this dish. After boiling the until tender, remove the bones, and cut the meat into neat pieces; put the stock into a stewpan, add the wine, and a seasoning of salt and cayenne; fry the mushrooms in butter for 2 or 3 minutes, and add these to the gravy. Boil this quickly until somewhat reduced; then put in the yolks of the hard-boiled eggs whole, the whites cut in small pieces, and the gherkins chopped. Have ready a few veal quenelles, made by recipe No. 422 or 423; add these, with the slices of, to the other ingredients, and let the whole get thoroughly hot, without boiling. Arrange the pieces of as high in the centre of the dish as possible; pour over them the ragout, and garnish with the crayfish and croûtons placed alternately. A little of the gravy should also be served in a tureen.

Time.—About ½ hour to reduce the stock.

Sufficient for 6 or 7 persons.

Average cost, exclusive of the calf's, 2s. 9d.

Seasonable from March to October.

A FRENCHMAN'S OPINION OF VEAL.—A great authority in his native Paris tells us, that veal, as a meat, is but little nourishing, is relaxing, and sufficiently difficult of digestion. Lending itself, as it does, he says, in all the flowery imagery of the French tongue and manner, "to so many metamorphoses, it may be called, without exaggeration, the chameleon of the kitchen. Who has not eaten calf's au naturel, simply boiled with the skin on, its flavour heightened by sauce just a little sharp? It is a dish as wholesome as it is agreeable, and one that the most inexperienced cook may serve with success. Calf's feet à la poulette, au gratin, fried, &c.; les cervelles, served in the same manner, and under the same names; sweetbreads en fricandeau, piqués en fin,—all these offer most satisfactory entrées, which the art of the cook, more or less, varies for the gratification of his glory and the well-being of our appetites. We have not spoken, in the above catalogue, either of the liver, or of the fraise, or of the ears, which also share the honour of appearing at our tables. Where is the man not acquainted with calf's liver à la bourgeoise, the most frequent and convenient dish at unpretentious tables? The fraise, cooked in water, and eaten with vinegar, is a wholesome and agreeable dish, and contains a mucilage well adapted for delicate persons. Calf's ears have, in common with the feet and cervelles, the advantage of being able to be eaten either fried or à la poulette; and besides, can be made into a farce, with the addition of peas, onions, cheese, &c. Neither is it confined to the calf's tongue, or even the eyes, that these shall dispute alone the glory of awakening the taste of man; thus, the pressure (which, as is known, comprises the heart, the mou, and the rate), although not a very recherché dish, lends itself to all the caprices of an expert artist, and may, under various marvellous disguises, deceive, and please, and even awaken our appetite."—Verily, we might say, after this rhapsody of our neighbour, that his country's weal will not suffer in him as an able and eloquent exponent and admirer.

Veal Carving.

BREAST OF VEAL.

912. The carving of a breast of veal is not dissimilar to that of a fore-quarter of lamb, when the shoulder has been taken off. The breast of veal consists of two parts,—the rib-bones and the gristly brisket. These two
parts should first be separated by sharply passing the knife in the direction of the lines 1, 2; when they are entirely divided, the rib-bones should be carved in the direction of the lines 5 to 6; and the brisket can be helped by cutting pieces in the direction 3 to 4. The carver should ask the guests whether they have a preference for the brisket or ribs; and if there be a sweetbread served with the dish, as it often is with roast breast of veal, each person should receive a piece.

Calf’s Head.

913. This is not altogether the most easy-looking dish to cut when it is put before a carver for the first time; there is not much real difficulty in the operation, however, when the has been attentively examined, and, after the manner of a phrenologist, you get to know its bumps, good and bad. In the first place, inserting the knife quite down to the bone, cut slices in the direction of the line 1 to 2; with each of these should be helped a piece of what is called the throat sweetbread, cut in the direction of from 3 to 4. The eye, and the flesh round, are favourite morsels with many, and should be given to those at the table who are known to be the greatest connoisseurs. The jawbone being removed, there will then be found some nice lean; and the palate, which is reckoned by some a tit-bit, lies under the . On a separate dish there is always served the tongue and brains, and each guest should be asked to take some of these.

Fillet of Veal.

914. The carving of this joint is similar to that of a round of beef. Slices, not too thick, in the direction of the line 1 to 2 are cut; and the only point to be careful about is, that the veal be evenly carved. Between the flap and the meat the stuffing is inserted, and a small portion of this should be served to every guest. The persons whom the host wishes most to honour should be asked if they like the delicious brown outside slice, as this, by many, is exceedingly relished.

Knuckle of Veal.

915. The engraving, showing the dotted line from 1 to 2, sufficiently indicates the direction which should be given to the knife in carving this dish. The best slices are those from the thickest part of the knuckle, that is, outside the line 1 to 2.

Loin of Veal.

916. As is the case with a loin of mutton, the careful jointing of a loin of veal is more than half the battle in carving it. If the butcher be negligent in this matter, he
should be admonished; for there is nothing more annoying or irritating to an inexperienced carver than to be obliged to turn his knife in all directions to find the exact place where it should be inserted in order to divide the bones. When the jointing is properly performed, there is little difficulty in carrying the knife down in the direction of the line 1 to 2. To each guest should be given a piece of the kidney and kidney fat, which lie underneath, and are considered great delicacies.
CHAPTER XX.—General observations on birds.

"Birds, the free tenants of land, air, and ocean,
Their forms all symmetry, their motions grace;
In plumage delicate and beautiful;
Thick without burthen, close as fishes' scales,
Or loose as full-blown poppies to the breeze."

The Pelican Island.

917. THE DIVISIONS OF BIRDS are founded principally on their habits of life, and the natural resemblance which their external parts, especially their bills, bear to each other. According to Mr. Vigors, there are five orders, each of which occupies its peculiar place on the surface of the globe; so that the air, the forest, the land, the marsh, and the water, has each its appropriate kind of inhabitants. These are respectively designated as BIRDS OF PREY, PERCHERS, WALKERS, WADERS, and SWIMMERS; and, in contemplating their variety, lightness, beauty, and wonderful adaptation to the regions they severally inhabit, and the functions they are destined to perform in the grand scheme of creation, our hearts are lifted with admiration at the exhaustless ingenuity, power, and wisdom of HIM who has, in producing them, so strikingly "manifested His handiwork." Not only these, however, but all classes of animals, have their peculiar ends to fulfil; and, in order that this may be effectually performed, they are constructed in such a manner as will enable them to carry out their conditions. Thus the quadrupeds, that are formed to tread the earth in common with man, are muscular and vigorous; and, whether they have passed into the
servitude of man, or are permitted to range the forest or the field, they still retain, in a high degree, the energies with which they were originally endowed. Birds, on the contrary, are generally feeble, and, therefore, timid. Accordingly, wings have been given them to enable them to fly through the air, and thus elude the force which, by nature, they are unable to resist. Notwithstanding the natural tendency of all bodies towards the centre of the earth, birds, when raised in the atmosphere, glide through it with the greatest ease, rapidity, and vigour. There, they are in their natural element, and can vary their course with the greatest promptitude—can mount or descend with the utmost facility, and can light on any spot with the most perfect exactness, and without the slightest injury to themselves.

918. THE MECHANISM WHICH ENABLES BIRDS to wing their course through the air, is both singular and instructive. Their bodies are covered with feathers, which are much lighter than coverings of hair, with which quadrupeds are usually clothed. The feathers are so placed as to overlap each other, like the slates or the tiles on the roof of a house. They are also arranged from the fore-part backwards; by which the animals are enabled the more conveniently to cut their way through the air. Their bones are tubular or hollow, and extremely light compared with those of terrestrial animals. This greatly facilitates their rising from the earth, whilst their heads, being comparatively small, their bills shaped like a wedge, their bodies slender, sharp below, and round above,—all these present a union of conditions, favourable, in the last degree, to cutting their way through the aërial element to which they are considered as more peculiarly to belong. With all these conditions, however, birds could not fly without wings. These, therefore, are the instruments by which they have the power of rapid locomotion, and are constructed in such a manner as to be capable of great expansion when struck in a downward direction. If we except, in this action, the slight hollow which takes place on the under-side, they become almost two planes. In order that the downward action may be accomplished to the necessary extent, the muscles which move the wings have been made exceedingly large; so large, indeed, that, in some instances, they have been estimated at not less than a sixth of the weight of the whole body. Therefore, when a bird is on the ground and intends to fly, it takes a leap, and immediately stretching its wings, strikes them out with great force. By this act these are brought into an oblique direction, being turned partly upwards and partly horizontally forwards. That part of the force which has the upward tendency is neutralized by the weight of the bird, whilst the horizontal force serves to carry it forward. The stroke being completed, it moves upon its wings, which, being contracted and having their edges turned upwards, obviate, in a great measure, the resistance of the air. When it is sufficiently elevated, it makes a second stroke downwards, and the impulse of the air again moves it forward. These successive strokes may be regarded as so many leaps taken in the air. When the bird desires to direct its course to the right or the left, it strikes strongly with the opposite wing, which impels it to the proper side. In the motions of the animal, too, the tail takes a prominent part, and acts like the rudder of a ship, except that, instead of sideways, it moves upwards and downwards. If the bird wishes to rise, it raises its tail; and if to fall, it depresses it; and, whilst in a horizontal position, it keeps it steady. There are few who have not observed a pigeon or a crow preserve, for some time, a horizontal flight without any apparent motion of the wings. This is accomplished by the bird having already acquired sufficient velocity, and its wings being parallel to the horizon, meeting with but small resistance from the atmosphere. If it begins to fall, it can easily steer itself upward by means of its tail, till the motion it had acquired is
nearly spent, when it must be renewed by a few more strokes of the wings. On alighting, a bird expands its wings and tail fully against the air, as a ship, in tacking round, backs her sails, in order that they may meet with all the resistance possible.

919. IN THE CONSTRUCTION OF THE EYES of birds, there is a peculiarity necessary to their condition. As they pass a great portion of their lives among thickets and hedges, they are provided for the defence of their eyes from external injuries, as well as from the effects of the light, when flying in opposition to the rays of the sun, with a nictating or winking membrane, which can, at pleasure, be drawn over the whole eye like a curtain. This covering is neither opaque nor wholly pellucid, but is somewhat transparent; and it is by its means that the eagle is said to be able to gaze at the sun. "In birds," says a writer on this subject, "we find that the sight is much more piercing, extensive, and exact, than in the other orders of animals. The eye is much larger in proportion to the bulk of the, than in any of these. This is a superiority conferred upon them not without a corresponding utility: it seems even indispensable to their safety and subsistence. Were this organ in birds dull, or in the least degree opaque, they would be in danger, from the rapidity of their motion, of striking against various objects in their flight. In this case their celerity, instead of being an advantage, would become an evil, and their flight be restrained by the danger resulting from it. Indeed we may consider the velocity with which an animal moves, as a sure indication of the perfection of its vision. Among the quadrupeds, the sloth has its sight greatly limited; whilst the hawk, as it hovers in the air, can espy a lark sitting on a clod, perhaps at twenty times the distance at which a man or a dog could perceive it."

920. AMONGST THE MANY PECULIARITIES IN THE CONSTRUCTION OF BIRDS, not the least is the mode by which their respiration is accomplished. This is effected by means of air-vessels, which extend throughout the body, and adhere to the under-surface of the bones. These, by their motion, force the air through the true lungs, which are very small, and placed in the uppermost part of the chest, and closely braced down to the back and ribs. The lungs, which are never expanded by air, are destined to the sole purpose of oxidizing the blood. In the experiments made by Mr. John Hunter, to discover the use of this general diffusion of air through the bodies of birds, he found that it prevents their respiration from being stopped or interrupted by the rapidity of their motion through a resisting medium. It is well known that, in proportion to celerity of motion, the air becomes resistive; and were it possible for a man to move with the swiftness of a swallow, as he is not provided with an internal construction similar to that of birds, the resistance of the air would soon suffocate him.

921. BIRDS ARE DISTRIBUTED OVER EVERY PART OF THE GLOBE, being found in the coldest as well as the hottest regions, although some species are restricted to particular countries, whilst others are widely dispersed. At certain seasons of the year, many of them change their abodes, and migrate to climates better adapted to their temperaments or modes of life, for a time, than those which they leave. Many of the birds of Britain, directed by an unerring instinct, take their departure from the island before the commencement of winter, and proceed to the more congenial warmth of Africa, to return with the next spring. The causes assigned by naturalists for this peculiarity are, either a deficiency of food, or the want of a secure asylum for the incubation and nourishment of their young. Their migrations are generally performed in large companies, and, in the day, they follow a leader, which is
occasionally changed. During the night, many of the tribes send forth a continual cry, to keep themselves together; although one would think that the noise which must accompany their flight would be sufficient for that purpose. The flight of birds across the Mediterranean was noticed three thousand years ago, as we find it said in the book of Numbers, in the Scriptures, that "There went forth a wind from the Lord, and brought quails from the sea, and let them fall upon the camp, and a day's journey round about it, to the height of two cubits above the earth."

922. IF THE BEAUTY OF BIRDS were not a recommendation to their being universally admired, their general liveliness, gaiety, and song would endear them to mankind. It appears, however, from accurate observations founded upon experiment, that the notes peculiar to different kinds of birds are altogether acquired, and that they are not innate, any more than language is to man. The attempt of a nestling bird to sing has been compared to the endeavour of a child to talk. The first attempts do not seem to possess the slightest rudiments of the future song; but, as the bird grows older and becomes stronger, it is easily perceived to be aiming at acquiring the art of giving utterance to song. Whilst the scholar is thus endeavouring to form his notes, when he is once sure of a passage, he usually raises his tone, but drops it again when he finds himself unequal to the voluntary task he has undertaken. "Many well-authenticated facts," says an ingenious writer, "seem decisively to prove that birds have no innate notes, but that, like mankind, the language of those to whose care they have been committed at their birth, will be their language in after-life." It would appear, however, somewhat unaccountable why, in a wild state, they adhere so steadily to the song of their own species only, when the notes of so many others are to be heard around them. This is said to arise from the attention paid by the nestling bird to the instructions of its own parent only, generally disregarding the notes of all the rest. Persons; however, who have an accurate ear, and who have given their attention to the songs of birds, can frequently distinguish some which have their notes mixed with those of another species; but this is in general so trifling, that it can hardly be considered as more than the mere varieties of provincial dialects.

923. IN REFERENCE TO THE FOOD OF BIRDS, we find that it varies, as it does in quadrupeds, according to the species. Some are altogether carnivorous; others, as so many of the web-footed tribes, subsist on fish; others, again, on insects and worms; and others on grain and fruit. The extraordinary powers of the gizzard of the granivorous tribes, in comminuting their food so as to prepare it for digestion, would, were they not supported by incontrovertible facts founded on experiment, appear to exceed all credibility. Tin tubes, full of grain, have been forced into the stomachs of turkeys, and in twenty-four hours have been found broken, compressed, and distorted into every shape. Twelve small lancets, very sharp both at the point and edges, have been fixed in a ball of lead, covered with a case of paper, and given to a turkey-cock, and left in its stomach for eight hours. After that time the stomach was opened, when nothing appeared except the naked ball. The twelve lancets were broken to pieces, whilst the stomach remained perfectly sound and entire. From these facts, it is concluded that the stones, so frequently found in the stomachs of the feathered tribes, are highly useful in assisting the gastric juices to grind down the grain and other hard substances which constitute their food. The stones, themselves, being also ground down and separated by the powerful action of the gizzard, are mixed with the food, and, no doubt, contribute very greatly to the health, as well as to the nourishment of the animals.
924. ALL BIRDS BEING OVIPAROUS, the eggs which they produce after the process of incubation, or sitting for a certain length of time, are, in the various species, different both in figure and colour, as well as in point of number. They contain the elements of the future young, for the perfecting of which in the incubation a bubble of air is always placed at the large end, between the shell and the inside skin. It is supposed that from the heat communicated by the sitting bird to this confined air, its spring is increased beyond its natural tenor, and, at the same time, its parts are put into motion by the gentle rarefaction. By this means, pressure and motion are communicated to the parts of the egg, which, in some inscrutable way, gradually promote the formation and growth of the young, till the time comes for its escaping from the shell. To preserve an egg perfectly fresh, and even fit for incubation, for 5 or 6 months after it has been laid, Réaumur, the French naturalist, has shown that it is only necessary to stop up its pores with a slight coating of varnish or mutton-suet.

925. BIRDS HOWEVER, DO NOT LAY EGGS before they have some place to put them; accordingly, they construct nests for themselves with astonishing art. As builders, they exhibit a degree of architectural skill, niceness, and propriety, that would seem even to mock the imitative talents of man, however greatly these are marked by his own high intelligence and ingenuity.

"Each circumstance
Most artfully contrived to favour warmth.
Here read the reason of the vaulted roof;
How Providence compensates, ever kind,
The enormous disproportion that subsists
Between the mother and the numerous brood
Which her small bulk must quicken into life."

In building their nests, the male and female generally assist each other, and they contrive to make the outside of their tenement bear as great a resemblance as possible to the surrounding foliage or branches; so that it cannot very easily be discovered even by those who are in search of it. This art of nidification is one of the most wonderful contrivances which the wide field of Nature can show, and which, of itself, ought to be sufficient to compel mankind to the belief, that they and every other part of the creation, are constantly under the protecting power of a superintending Being, whose benign dispensations seem as exhaustless as they are unlimited.
CHAPTER XXI.—Poultry recipes

CHICKEN CUTLETS
(an Entree).

926. INGREDIENTS.—2 chickens; seasoning to taste of salt, white pepper, and cayenne; 2 blades of pounded mace, egg and bread crumbs, clarified butter, 1 strip of lemon-rind, 2 carrots, 1 onion, 2 tablespoonfuls of mushroom ketchup, thickening of butter and flour, 1 egg.

Mode.—Remove the breast and leg bones of the chickens; cut the meat into neat pieces after having skinned it, and season the cutlets with pepper, salt, pounded mace, and cayenne. Put the bones, trimmings, &c., into a stewpan with 1 pint of water, adding carrots, onions, and lemon-peel in the above proportion; stew gently for 1½ hour, and strain the gravy. Thicken it with butter and flour, add the ketchup and 1 egg well beaten; stir it over the fire, and bring it to the simmering-point, but do not allow it to boil. In the mean time, egg and bread-crumb the cutlets, and give them a few drops of clarified butter; fry them a delicate brown, occasionally turning them; arrange them pyramidal on the dish, and pour over them the sauce.

Time.—10 minutes to fry the cutlets. Average cost, 2s. each.

Sufficient for an entrée.

Seasonable from April to July.

FOWLS AS FOOD.—Brillat Savarin, pre-eminent in gastronomic taste, says that he believes the whole gallinaceous family was made to enrich our larders and furnish our tables; for, from the quail to the turkey, he avers their flesh is a light aliment, full of flavour, and fitted equally well for the invalid as for the man of robust health. The fine flavour, however, which Nature has given to all birds coming under the definition of poultry, man has not been satisfied with, and has used many means—such as keeping them in solitude and darkness, and forcing them to eat—to give them an unnatural state of fatness or fat. This fat, thus artificially produced, is doubtless delicious, and the taste and succulence of the boiled and roasted bird draw forth the praise of the guests around the table. Well-fattened and tender, a fowl is to the cook what the canvas is to the painter; for do we not see it served boiled, roasted, fried, fricasseed, hashed, hot, cold, whole, dismembered, boned, broiled, stuffed, on dishes, and in pies,—always handy and ever acceptable?

THE COMMON OR DOMESTIC FOWL.—From time immemorial, the common or domestic fowl has been domesticated in England, and is supposed to be originally the offspring of some wild species which abound in the forests of India. It is divided into a variety of breeds, but the most esteemed are, the Poland or Black, the Dorking, the Bantam, the Game Fowl, and the Malay or Chittagong. The common, or barn-door fowl, is one of the most delicate of the varieties; and at Dorking, in Surrey, the breed is brought to great perfection. Till they are four months old, the term chicken is applied to the young female; after that age they are called pullets, till they begin to lay, when they are called hens. The English counties most productive in poultry are Surrey, Sussex, Norfolk, Herts, Devon, and Somerset.
FRENCH CHICKEN CUTLETS
(Cold Meat Cookery).

927. INGREDIENTS.—The remains of cold roast or boiled fowl, fried bread, clarified butter, the yolk of 1 egg, bread crumbs, ½ teaspoonful of finely-minced lemon-peel; salt, cayenne, and mace to taste. For sauce,—1 oz. of butter, 2 minced shallots, a few slices of carrot, a small bunch of savoury herbs, including parsley, 1 blade of pounded mace, 6 peppercorns, ⅛ pint of gravy.

Mode.—Cut the fowls into as many nice cutlets as possible; take a corresponding number of sippets about the same size, all cut one shape; fry them a pale brown, put them before the fire, then dip the cutlets into clarified butter mixed with the yolk of an egg, cover with bread crumbs seasoned in the above proportion, with lemon-peel, mace, salt, and cayenne; fry them for about 5 minutes, put each piece on one of the sippets, pile them high in the dish, and serve with the following sauce, which should be made ready for the cutlets. Put the butter into a stewpan, add the shallots, carrot, herbs, mace, and peppercorns; fry for 10 minutes or rather longer; pour in ½ pint of good gravy, made of the chicken bones, stew gently for 20 minutes, strain it, and serve.

Time.—5 minutes to fry the cutlets; 35 minutes to make the gravy.

Average cost, exclusive of the chicken, 9d.

Seasonable from April to July.

EGGS FOR HATCHING.—Eggs intended for hatching should be removed as soon as laid, and placed in bran in a dry, cool place. Choose those that are near of a size; and, as a rule, avoid those that are equally thick at both ends,—such, probably, contain a double yolk, and will come to no good. Eggs intended for hatching should never be stored longer than a month, as much less the better. Nine eggs may be placed under a Bantam hen, and as many as fifteen under a Dorking. The odd number is considered preferable, as more easily packed. It will be as well to mark the eggs you give the hen to sit on, so that you may know if she lays any more: if she does, you must remove them; for, if hatched at all, they would be too late for the brood. If during incubation an egg should be broken, remove it, and take out the remainder, and cleanse them in luke-warm water, or it is probable the sticky nature of the contents of the broken egg will make the others cling to the hen's feathers; and they, too, may be fractured.

HENS SITTING.—Some hens are very capricious as regards sitting; they will make a great fuss, and keep pining for the nest, and, when they are permitted to take to it, they will sit just long enough to addle the eggs, and then they're off again. The safest way to guard against such annoyance, is to supply the hen with some hard-boiled eggs; if she sits on them a reasonable time, and seems steadily inclined, like a good matron, you may then give her proper eggs, and let her set about the business in earnest.

CHICKEN OR FOWL PATTIES.

928. INGREDIENTS.—The remains of cold roast chicken or fowl; to every ¼ lb. of meat allow 2 oz. of ham, 3 tablespoonfuls of cream, 2 tablespoonfuls of veal gravy, ½ teaspoonful of minced lemon-peel; cayenne, salt, and pepper to taste; 1 tablespoonful of lemon-juice, 1 oz. of butter rolled in flour; puff paste.
Mode.—Mince very small the white meat from a cold roast fowl, after removing all the skin; weigh it, and to every ¼ lb. of meat allow the above proportion of minced ham. Put these into a stewpan with the remaining ingredients, stir over the fire for 10 minutes or ¼ hour, taking care that the mixture does not burn. Roll out some puff paste about ¼ inch in thickness; line the patty-pan with this, put upon each a small piece of bread, and cover with another layer of paste; brush over with the yolk of an egg, and bake in a brisk oven for about ¼ hour. When done, cut a round piece out of the top, and, with a small spoon, take out the bread (be particular in not breaking the outside border of the crust), and fill the patties with the mixture.

Time.—¼ hour to prepare the meat; not quite ¼ hour to bake the crust.

Seasonable at any time.

HATCHING.—Sometimes the chick within the shell is unable to break away from its prison; for the white of the egg will occasionally harden in the air to the consistence of joiners' clue, when the poor chick is in a terrible fix. An able writer says, "Assistance in hatching must not be rendered prematurely, and thence unnecessarily, but only in the case of the chick being plainly unable to release itself; then, indeed, an addition may probably be made to the brood, as great numbers are always lost in this way. The chick makes a circular fracture at the big end of the egg, and a section of about one-third of the length of the shell being separated, delivers the prisoner, provided there is no obstruction from adhesion of the body to the membrane which lines the shell. Between the body of the chick and the membrane of the shell there exists a viscous fluid, the white of the egg thickened with the intense heat of incubation, until it becomes a positive glue. When this happens, the feathers stick fast to the shell, and the chicks remain confined, and must perish, if not released."

The method of assistance to be rendered to chicks which have a difficulty in releasing themselves from the shell, is to take the egg in the hand, and dipping the finger or a piece of linen rag in warm water, to apply it to the fastened parts until they are loosened by the gluey substance becoming dissolved and separated from the feathers. The chick, then, being returned to the nest, will extricate itself,—a mode generally to be observed, since, if violence were used, it would prove fatal. Nevertheless, breaking the shell may sometimes be necessary; and separating with the fingers, as gently as may be, the membrane from the feathers, which are still to be moistened as mentioned above, to facilitate the operation. The points of small scissors may be useful, and when there is much resistance, as also apparent pain to the bird, the process must be conducted in the gentlest manner, and the shell separated into a number of small pieces. The signs of a need of assistance are the egg being partly pecked and chipped, and the cluck discontinuing its efforts for five of six hours. Weakness from cold may disable the chicken from commencing the operation of pecking the shell, which must then be artificially performed with a circular fracture, such as is made by the bird itself.

CHICKEN OR FOWL PIE.

929. INGREDIENTS.—2 small fowls or 1 large one, white pepper and salt to taste, ½ teaspoonful of grated nutmeg, ½ teaspoonful of pounded mace, forcemeat No. 417, a few slices of ham, 3 hard-boiled eggs, ½ pint of water, puff crust.

Mode.—Skin and cut up the fowls into joints, and put the neck, leg, and backbones in a stewpan, with a little water, an onion, a bunch of savoury herbs, and a blade of mace; let these stew for about an hour, and, when done, strain off the liquor: this is for gravy. Put a layer of fowl at the bottom of a pie-dish, then a layer of ham, then one of forcemeat and hard-boiled eggs cut in rings; between the layers put a seasoning of pounded mace, nutmeg, pepper, and salt. Proceed in this manner until the dish is full,
and pour in about ½ pint of water; border the edge of the dish with puff crust, put on the cover, ornament the top, and glaze it by brushing over it the yolk of an egg. Bake from 1-¼ to 1-½ hour, should the pie be very large, and, when done, pour in, at the top, the gravy made from the bones. If to be eaten cold, and wished particularly nice, the joints of the fowls should be boned, and placed in the dish with alternate layers of forcemeat; sausage-meat may also be substituted for the forcemeat, and is now very much used. When the chickens are boned, and mixed with sausage-meat, the pie will take about 2 hours to bake. It should be covered with a piece of paper when about half-done, to prevent the paste from being dried up or scorched.

*Time.*—For a pie with unboned meat, 1-¼ to 1-½ hour; with boned meat and sausage or forcemeat, 1-½ to 2 hours.

*Average cost*, with 2 fowls, 6s. 6d.

*Sufficient* for 6 or 7 persons.

*Seasonable* at any time.

THE YOUNG CHICKS.—The chicks that are hatched first should be taken from underneath the hen, lest she might think her task at an end, and leave the remaining eggs to spoil. As soon as the young birds are taken from the mother, they must be placed in a basket lined with soft wool, flannel, or hay, and stood in the sunlight if it be summer time, or by the fire if the weather be cold. It is a common practice to cram young chicks with food as soon as they are born. This is quite unnecessary. They will, so long as they are kept warm, come to no harm if they take no food for twenty-four hours following their birth. Should the whole of the brood not be hatched by that time, those that are born may be fed with bread soaked in milk, and the yolk of a hard-boiled egg.

POTTED CHICKEN OR FOWL
(a Luncheon or Breakfast Dish).

930. *INGREDIENTS.*—The remains of cold roast chicken; to every lb. of meat allow ¼ lb. of fresh butter, salt and cayenne to taste, 1 teaspoonful of pounded mace, ¼ small nutmeg.

*Mode.*—Strip the meat from the bones of cold roast fowl; when it is freed from gristle and skin, weigh it, and, to every lb. of meat, allow the above proportion of butter, seasoning, and spices. Cut the meat into small pieces, pound it well with the fresh butter, sprinkle in the spices gradually, and keep pounding until reduced to a perfectly smooth paste. Put it into potting-pots for use, and cover it with clarified butter, about ¼ inch in thickness, and, if to be kept for some time, tie over a bladder: 2 or 3 slices of ham, minced and pounded with the above ingredients, will be found an improvement. It should be kept in a dry place.

*Seasonable* at any time.

FEEDING AND COOPING THE CHICKS.—When all the chicks are hatched, they should be placed along with the mother under a coop in a warm dry spot. If two hens happen to have their broods at the same time, their respective chicks should be carefully kept separate; as, if they get mixed, and so go under the wrong coop, the hens will probably maim and destroy those who have mistaken their dwelling. After being kept snug beneath the coop for a week
(the coop should be placed under cover at nightfall), the chicks may be turned loose for an hour or so in the warmest part of the day. They should be gradually weaned from the soaked bread and chopped egg, instead of which grits or boiled barley should be given; in 8 or 10 days their stomachs will be strong enough to receive bruised barley, and at the end of 3 weeks, if your chicks be healthy, they will be able to take care of themselves. It will be well, however, to keep your eye on them a week or so longer, as the elder chickens may drive them from their food. Great care should be taken that the very young chicks do not run about the wet ground or on damp grass, as this is the most prominent and fatal cause of disease. While under the coop with their mother, a shallow pan or plate of water should be supplied to the chicks, as in a deeper vessel they are liable to drench themselves and take cold, or possibly to get drowned.

CHICKEN OR FOWL SALAD.

931. INGREDIENTS.—The remains of cold roast or boiled chicken, 2 lettuces, a little endive, 1 cucumber, a few slices of boiled beetroot, salad-dressing No. 506.

Mode.—Trim neatly the remains of the chicken; wash, dry, and slice the lettuces, and place in the middle of a dish; put the pieces of fowl on the top, and pour the salad-dressing over them. Garnish the edge of the salad with hard-boiled eggs cut in rings, sliced cucumber, and boiled beetroot cut in slices. Instead of cutting the eggs in rings, the yolks may be rubbed through a hair sieve, and the whites chopped very finely, and arranged on the salad in small bunches, yellow and white alternately. This should not be made long before it is wanted for table.

Average cost, exclusive of the cold chicken, 8d.

Sufficient for 4 or 5 persons.

Seasonable at any time.

AGE AND FLAVOUR OF CHICKENS.—It has been the opinion of the medical faculty of all ages and all countries, that the flesh of the young chicken is the most delicate and easy to digest of all animal food. It is less alkalescent than the flesh of any other animal, and its entire freedom from any irritating quality renders it a fit dish for the ailing, or those whose stomachs are naturally weak. In no animal, however, does age work such a change, in regard to the quality of its flesh, as it does in domestic fowls. In their infancy, cocks and hens are equally tender and toothsome; but as time overtakes them it is the cock whose flesh toughens first. A year-old cock, indeed, is fit for little else than to be converted into soup, while a hen at the same age, although sufficiently substantial, is not callous to the insinuations of a carving-knife. As regards capons, however, the rule respecting age does not hold good. There is scarcely to be found a more delicious animal than a well-fed, well-dressed capon. Age does not dry up his juices; indeed, like wine, he seems but to mellow. At three years old, even, he is as tender as a chick, with the additional advantage of his proper chicken flavour being fully developed. The above remarks, however, concerning the capon, only apply to such as are naturally fed, and not crammed. The latter process may produce a handsome-looking bird, and it may weigh enough to satisfy the whim or avarice of its stuffer; but, when before the fire, it will reveal the cruel treatment to which it has been subjected, and will weep a drippingpan-ful of fat tears. You will never find heart enough to place such a grief-worn guest at the of your table. It should be borne in mind as a rule, that small-boned and short-legged poultry are likely to excel the contrary sort in delicacy of colour, flavour, and fineness of flesh.
HASHED DUCK
(Cold Meat Cookery).

932. INGREDIENTS.—The remains of cold roast duck, rather more than 1 pint of
weak stock or water, 1 onion, 1 oz. of butter, thickening of butter and flour, salt and
cayenne to taste, ¼ teaspoonful of minced lemon-peel, 1 dessertspoonful of lemon-
juice, ½ glass of port wine.

Mode.—Cut the duck into nice joints, and put the trimmings into a stewpan; slice and
fry the onion in a little butter; add these to the trimmings, pour in the above proportion
of weak stock or water, and stew gently for 1 hour. Strain the liquor, thicken it with
butter and flour, season with salt and cayenne, and add the remaining ingredients; boil
it up and skim well; lay in the pieces of duck, and let them get thoroughly hot through
by the side of the fire, but do not allow them to boil: they should soak in the gravy for
about ½ hour. Garnish with sippets of toasted bread. The hash may be made richer by
using a stronger and more highly-flavoured gravy; a little spice or pounded mace may
also be added, when their flavour is liked.

Time.—1½ hour. Average cost, exclusive of the cold duck, 4d.

Seasonable from November to February; ducklings from May to August.

THE DUCK.—This bird belongs to the order of Natatores, or Swimmers; the most familiar
tribes of which are ducks, swans, geese, auks, penguins, petrels, pelicans, guillemots, gulls,
and terns. They mostly live in the water, feeding on fish, worms, and aquatic plants. They are
generally polygamous, and make their nests among reeds, or in moist places. The flesh of
many of the species is eatable, but that of some is extremely rank and oily. The duck is a
native of Britain, but is found on the margins of most of the European lakes. It is excessively
greedy, and by no means a nice feeder. It requires a mixture of vegetable and animal food; but
aquatic insects, corn, and vegetables, are its proper food. Its flesh, however, is savoury, being
not so gross as that of the goose, and of easier digestion. In the green-pea season it is usually
found on an English table; but, according to Ude, "November is its proper season, when it is
plump and fat."

TO RAGOUT A DUCK WHOLE.

933. INGREDIENTS.—1 large duck, pepper and salt to taste, good beef gravy, 2
onions sliced, 4 sage-leaves, a few leaves of lemon thyme, thickening of butter and
flour.

Mode.—After having emptied and singed the duck, season it inside with pepper and
salt, and truss it. Roast it before a clear fire for about 20 minutes, and let it acquire a
nice brown colour. Put it into a stewpan with sufficient well-seasoned beef gravy to
cover it; slice and fry the onions, and add these, with the sage-leaves and lemon
thyme, both of which should be finely minced, to the stock. Simmer gently until the
duck is tender; strain, skim, and thicken the gravy with a little butter and flour; boil it
up, pour over the duck, and serve. When in season, about, 1½ pint of young green
peas, boiled separately, and put in the ragoût, very much improve this dish.

Time.—20 minutes to roast the duck; 20 minutes to stew it.

Average cost, from 2s. 3d. to 2s. 6d. each.
Sufficient for 4 or 5 persons.

Seasonable from November to February; ducklings from April to August.

THE BUENOS AYRES DUCK.—The Buenos Ayres duck is of East-Indian birth, and is chiefly valuable as an ornament; for we suppose one would as soon think of picking a Chinese teal for luncheon, or a gold fish for breakfast, as to consign the handsome Buenos Ayres to the spit. The prevailing colour of this bird is black, with a metallic lustre, and a gleaming of blue steel about its breast and wings.

VARIETIES OF DUCKS.—Naturalists count nearly a hundred different species of ducks; and there is no doubt that the intending keeper of these harmless and profitable birds may easily take his choice from amongst twenty different sorts. There is, however, so little difference in the various members of the family, either as regards hardiness, laying, or hatching, that the most incompetent fancier or breeder may indulge his taste without danger of making a bad bargain. In connection with their value for table, light-coloured ducks are always of milder flavour than those that are dark-coloured, the white Aylesbury's being general favourites. Ducks reared exclusively on vegetable diet will have a whiter and more delicate flesh than those allowed to feed on animal offal; while the flesh of birds fattened on the latter food, will be firmer than that of those which have only partaken of food of a vegetable nature.

ROAST DUCKS.

934. INGREDIENTS.—A couple of ducks; sage-and-onion stuffing No. 504; a little flour.

Choosing and Trussing.—Choose ducks with plump bellies, and with thick and yellowish feet. They should be trussed with the feet on, which should be scalded, and the skin peeled off, and then turned up close to the legs. Run a skewer through the middle of each leg, after having drawn them as close as possible to the body, to plump up the breast, passing the same quite through the body. Cut off the heads and necks, and the pinions at the first joint; bring these close to the sides, twist the feet round, and truss them at the back of the bird. After the duck is stuffed, both ends should be secured with string, so as to keep in the seasoning.

Mode.—To insure ducks being tender, never dress them the same day they are killed; and if the weather permits, they should hang a day or two. Make a stuffing of sage and onion sufficient for one duck, and leave the other unseasoned, as the flavour is not liked by everybody. Put them down to a brisk clear fire, and keep them well basted the whole of the time they are cooking. A few minutes before serving, dredge them lightly with flour, to make them froth and look plump; and when the steam draws towards the fire, send them to table hot and quickly, with a good brown gravy poured round, but not
over the ducks, and a little of the same in a tureen. When in season, green peas should invariably accompany this dish.

*Time.*—Full-grown ducks from ¾ to 1 hour; ducklings from 25 to 35 minutes.

*Average cost.* from 2s. 3d. to 2s. 6d. each.

*Sufficient.*—A couple of ducks for 6 or 7 persons.

*Seasonable.*—Ducklings from April to August; ducks from November to February.

*Note.*—Ducklings are trussed and roasted in the same manner, and served with the same sauces and accompaniments. When in season, serve apple sauce.

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**THE ROUEN DUCK.**—The Rouen, or Rhone duck, is a large and handsome variety, of French extraction. The plumage of the Rouen duck is somewhat sombre; its flesh is also much darker, and, though of higher flavour, not near so delicate as that of our own Aylesbury. It is with this latter breed that the Rouen duck is generally mated; and the result is said to be increase of size and strength. In Normandy and Brittany these ducks, as well as other sorts, greatly abound; and the "duck-liver *pâtés*" are there almost as popular as the *pâté de foie gras* of Strasburg. In order to bring the livers of the wretched duck to the fashionable and unnatural size, the same diabolical cruelty is resorted to as in the case of the Strasburg goose. The poor birds are nailed by the feet to a board placed close to a fire, and, in that position, plentifully supplied with food and water. In a few days, the carcase is reduced to a mere shadow, while the liver has grown monstrously. We would rather abstain from the acquaintance of a man who ate *pâté de foie gras*, knowing its component parts.

**DUCK'S EGGS.**—The ancient notion that ducks whose beaks have a tendency to curve upwards, are better layers than those whose beaks do not thus point, is, we need hardly say, simply absurd: all ducks are good layers, if they are carefully fed and tended. Ducks generally lay at night, or early in the morning. While they are in perfect health, they will do this; and one of the surest signs of indisposition, among birds of this class, is irregularity in laying. The eggs laid will approach nearly the colour of the layer,—light-coloured ducks laying white eggs, and brown ducks greenish-blue eggs; dark-coloured birds laying the largest eggs. One time of day the notion was prevalent that a duck would hatch no other eggs than her own; and although this is not true, it will be, nevertheless, as well to match the duck's own eggs as closely as possible; for we have known instances wherein the duck has turned out of the nest and destroyed eggs differing from her own in size and colour.

**DUCKS.**—The Mallard, or Wild Duck, from which is derived the domestic species, is prevalent throughout Europe, Asia, and America. The mallard's most remarkable characteristic is one which sets at defiance the speculations of the most profound ornithologist. The female bird is extremely plain, but the male's plumage is a splendour of greens and browns, and browns and blues. In the spring, however, the plumage of the male begins to fade, and in two months, every vestige of his finery has departed, and he is not to be distinguished from his soberly-garbed wife. Then the greens, and the blues, and the browns begin to bud out again,
and by October he is once more a gorgeous drake. It is to be regretted that domestication has seriously deteriorated the moral character of the duck. In a wild state, he is a faithful husband, desiring but one wife, and devoting himself to her; but no sooner is he domesticated than he becomes polygamous, and makes nothing of owning ten or a dozen wives at a time. As regards the females, they are much more solicitous for the welfare of their progeny in a wild state than a tame. Should a tame duck's duckling get into mortal trouble, its mother will just signify her sorrow by an extra "quack," or so, and a flapping of her wings; but touch a wild duck's little one if you dare! she will buffet you with her broad wings, and dash boldly at your face with her stout beak. If you search for her nest amongst the long grass, she will try no end of manoeuvres to lure you from it, her favourite ruse being to pretend lameness, to delude you into the notion that you have only to pursue her vigorously, and her capture is certain; so you persevere for half a mile or so, and then she is up and away, leaving you to find your way back to the nest if you can. Among the ancients, opinion was at variance respecting the wholesomeness and digestibility of goose flesh, but concerning the excellence of the duck all parties were agreed; indeed, they not only assigned to duck-meat the palm for exquisite flavour and delicacy, they even attributed to it medicinal powers of the highest order. Not only the Roman medical writers of the time make mention of it, but likewise the philosophers of the period. Plutarch assures us that Cato preserved his whole household in health, in a season when plague and disease were rife, through dieting them on roast duck.

**STEWED DUCK AND PEAS**

(Cold Meat Cookery).

935. INGREDIENTS.—The remains of cold roast duck, 2 oz. of butter, 3 or 4 slices of lean ham or bacon, 1 tablespoonful of flour, 2 pints of thin gravy, 1, or a small bunch of green onions, 3 sprigs of parsley, 3 cloves, 1 pint of young green peas, cayenne and salt to taste, 1 teaspoonful of pounded sugar.

**Mode.**—Put the butter into a stewpan; cut up the duck into joints, lay them in with the slices of lean ham or bacon; make it brown, then dredge in a tablespoonful of flour, and stir this well in before adding the gravy. Put in the onion, parsley, cloves, and gravy, and when it has simmered for ¼ hour, add a pint of young green peas, and stew gently for about ½ hour. Season with cayenne, salt, and sugar; take out the duck, place it round the dish, and the peas in the middle.

**Time.**—¾ hour.

**Average cost,** exclusive of the cold duck, 1s.

**Seasonable** from June to August.

**DUCKS HATCHING.**—Concerning incubation by ducks, a practised writer says, "The duck requires a secret and safe place, rather than any attendance, and will, at nature's call, cover her eggs and seek her food. On hatching, there is not often a necessity for taking away any of the brood; and, having hatched, let the mother retain her young ones upon the nest her own time. On her moving with her brood, let a coop be prepared upon the short grass, if the weather be fine, and under shelter, if otherwise."

**COOPING AND FEEDING DUCKLINGS.**—Brood ducks should be cooped at some distance from any other. A wide and flat dish of water, to be often renewed, should stand just outside the coop, and barley, or any other meal, be the first food of the ducklings. It will be needful, if it be wet weather, to clip their tails, lest these draggle, and so weaken the bird. The period of the duck's confinement to the coop will depend on the weather, and on the strength of the ducklings. A fortnight is usually the extent of time necessary, and they may even be sometimes permitted to enjoy the luxury of a swim at the end of a week. They should not,
however, be allowed to stay too long in the water at first; for they will then become ill, their
feathers get rough, and looseness of the bowels ensue. In the latter case, let them be closely
cooped for a few days, and bean-meal or oatmeal be mixed with their ordinary food.

THE AYLESBURY DUCK.—
The white Aylesbury duck is,
and deservedly, a universal
favourite. Its snowy plumage
and comfortable comportment
make it a credit to the poultry-
yard, while its broad and deep
breast, and its ample back,
convey the assurance that your
satisfaction will not cease at its
death. In parts of
Buckinghamshire, this member
of the duck family is bred on an
extensive scale; not on plains
and commons, however, as
might be naturally imagined,
but in the abodes of the cottagers. Round the walls of the living-rooms, and of the bedroom
even, are fixed rows of wooden boxes, lined with hay; and it is the business of the wife and
children to nurse and comfort the feathered lodgers, to feed the little ducklings, and to take the
old ones out for an airing. Sometimes the “stock” ducks are the cottager’s own property, but it
more frequently happens that they are intrusted to his care by a wholesale breeder, who pays
him so much per score for all ducklings properly raised. To be perfect, the Aylesbury duck
should be plump, pure white, with yellow feet, and a flesh-coloured beak.

STEWED DUCK AND PEAS
(Cold Meat Cookery).

936. INGREDIENTS.—The remains of cold roast duck, ½ pint of good gravy,
cayenne and salt to taste, ½ teaspoonful of minced lemon-peel, 1 teaspoonful of
pounded sugar, 2 oz, of butter rolled in flour, 1½ pint of green peas.

Mode.—Cut up the duck into joints, lay it in the gravy, and add a seasoning of
cayenne, salt, and minced lemon-peel; let tins gradually warm through, but not boil.
Throw the peas into boiling water slightly salted, and boil them rapidly until tender.
Drain them, stir in the pounded sugar, and the butter rolled in flour; shake them over
the fire for two or three minutes, and serve in the centre of the dish, with the duck laid
round.

Time.—15 minutes to boil the peas, when they are full grown.

Average cost, exclusive of the cold duck, 10d.

Seasonable from June to August.

FATTENING DUCKS.—Many duck-keepers give their birds nothing in the shape of food,
letting them wander about and pick up a living for themselves; and they will seem to get fat
even upon this precarious feeding. Unless, however, ducks are supplied with, besides chance
food, a liberal feed of solid corn, or grain, morning and evening, their flesh will become
flabby and insipid. The simple way to fatten ducks is to let them have as much, substantial
food as they will eat, bruised oats and pea-meal being the standard fattening food for them. No
cramming is required, as with the turkey and some other poultry: they will cram themselves to
the very verge of suffocation. At the same time, plenty of exercise and clean water should be at their service.

AMERICAN MODE OF CAPTURING DUCKS.—On the American rivers, the modes of capture are various. Sometimes half a dozen artificial birds are fastened to a little raft, and which is so weighted that the sham birds squat naturally on the water. This is quite sufficient to attract the notice of a passing flock, who descend to cultivate the acquaintance of the isolated few when the concealed hunter, with his fowling-piece, scatters a deadly leaden shower amongst them. In the winter, when the water is covered with rubble ice, the fowler of the Delaware paints his canoe entirely white, lies flat in the bottom of it, and floats with the broken ice; from which the aquatic inhabitants fail to distinguish it. So floats the canoe till he within it understands, by the quacking, and fluttering, and whirring of wings, that he is in the midst of a flock, when he is up in a moment with the murderous piece, and dying quacks and laments rend the still air.

Bow-BILL DUCKS, &c.—Everyone knows how awkward are the *Anatidae*, waddling along on their unelastic webbed toes, and their short legs, which, being placed considerably backward, make the fore part of the body preponderate. Some, however, are formed more adapted to terrestrial habits than others, and notably amongst these may be named *Dendronessa sponsa*, the summer duck of America. This beautiful bird rears her young in the holes of trees, generally overhanging the water. When strong enough, the young scramble to the mouth of the hole, launch into the air with their little wings and feet spread out, and drop into their favourite element. Whenever their birthplace is at some distance from the water, the mother carries them to it, one by one, in her bill, holding them so as not to injure their yet tender frame. On several occasions, however, when the hole was 30, 40, or more yards from a piece of water, Audubon observed that the mother suffered the young to fall on the grass and dried leaves beneath the tree, and afterwards led them directly to the nearest edge of the next pool or creek. There are some curious varieties of the domestic duck, which only appear interesting from their singularity, for there does not seem to be anything of use or value in the unusual characteristics which distinguish them; thus, the bow-bill duck, as shown in the engraving, called by some writers the hook-bill, is remarkable for the peculiarly strange distortion of its beak, and the tuft on the top of its . The penguin duck, again, waddles in an upright position, like the penguin, on account of the unnatural situation of its legs. These odd peculiarities add nothing of value to the various breeds, and may be set down as only the result of accidental malformation, transmitted from generation to generation.

**STEWED DUCK AND TURNIPS**
(Cold Meat Cookery).

937. INGREDIENTS.—The remains of cold roast duck, ½ pint of good gravy, 4 shalots, a few slices of carrot, a small bunch of savoury herbs, 1 blade of pounded mace, 1 lb. of turnips, weighed after being peeled, 2 oz. of butter, pepper and salt to taste.

Mode.—Cut up the duck into joints, fry the shalots, carrots, and herbs, and put them, with the duck, into the gravy; add the pounded mace, and stew gently for 20 minutes.
or ½ hour. Cut about 1 lb. of turnips, weighed after being peeled, into ½-inch squares, put the butter into a stewpan, and stew them till quite tender, which will be in about ½ hour, or rather more; season with pepper and salt, and serve in the centre of the dish, with the duck, &c. laid round.

Time.—Rather more than ½ hour to stew the turnips.

Average cost, exclusive of the cold duck, 1s.

Seasonable from November to February.

THE WILD DUCK.—In many parts of England the wild duck is to be found, especially in those desolate fenny parts where water abounds. In Lincolnshire they are plentiful, and are annually taken in the decoys, which consist of ponds situate in the marshes, and surrounded with wood or reeds to prevent the birds which frequent them from, being disturbed. In these the birds sleep during the day; and as soon as evening sets in, the decoy rises, and the wild fowl feed during the night. Now is the time for the decoy ducks to entrap the others. From the ponds diverge, in different directions, certain canals, at the end of which funnel nets are placed; along these the decoy ducks, trained for the purpose, lead the others in search of food. After they have got a certain length, a decoy-man appears, and drives them further on, until they are finally taken in the nets. It is from these decoys, in Lincolnshire, that the London market is mostly supplied. The Chinese have a singular mode of catching these ducks. A person wades in the water up to the chin, and, having his covered with an empty calabash, approaches the place where the ducks are. As the birds have no suspicion of the nature of the object which is concealed under the calabash, they suffer its approach, and allow it to move at will among their flock. The man, accordingly, walks about in the midst of his game, and, whenever he pleases, pulls them by the legs under the water, and fixes them to his belt, until he has secured as many as he requires, and then moves off as he went amongst them, without exciting the slightest suspicion of the trick he has been playing them. This singular mode of duck-hunting is also practised on the Ganges, the earthen vessels of the Hindoos being used instead of calabashes. These vessels, being those in which the inhabitants boil their rice, are considered, after once being used, as defiled, and are accordingly thrown into the river. The duck-takers, finding them suitable for their purpose, put them on their heads; and as the ducks, from seeing them constantly floating down the stream, are familiar with their appearance, they regard them as objects from which no danger is to be expected.

DUCK-SNARES IN THE LINCOLNSHIRE FENS.—The following interesting account of how duck-snaring used to be managed in the Lincolnshire fens, was published some years ago, in a work entitled the "Feathered Tribes."—"In the lakes to which they resorted, their favourite haunts were observed, and in the most sequestered part of a haunt, a pipe or ditch was cut across the entrance, decreasing gradually in width from the entrance to the further end, which was not more than two feet wide. The ditch was of a circular form, but did not bend much for the first ten yards. The banks of the lake on each side of the ditch were kept clear of weeds and close herbage, in order that the ducks might get on them to sit and dress themselves. Along the ditch, poles were driven into the ground close to the edge on each side, and the tops were bent over across the ditch and tied together. The poles then bent forward at the entrance to the ditch, and formed an arch, the top of which was tea feet distant from the surface of the water; the arch was made to decrease in height as the ditch decreased in width, so that the remote end was not more than eighteen inches in height. The poles were placed about six feet from each other, and connected by poles laid lengthwise across the arch, and tied together. Over the
whole was thrown a net, which was made fast to a reed fence at the entrance and nine or ten yards up the ditch, and afterwards strongly pegged to the ground. At the end of the ditch furthest from the entrance, was fixed what was called a tunnel-net, of about four yards in length, of a round form, and kept open by a number of hoops about eighteen inches in diameter, placed at a small distance from each other to keep it distended. Supposing the circular bend of the ditch to be to the right, when one stands with his back to the lake, then on the left-hand side, a number of reed fences were constructed, called shootings, for the purpose of screening the decoy-man from observation, and, in such a manner, that the fowl in the decoy would not be alarmed while he was driving those that were in the pipe. These shootings, which were ten in number, were about four yards in length and about six feet high. From the end of the last shooting a person could not see the lake, owing to the bend of the ditch; and there was then no further occasion for shelter. Were it not for these shootings, the fowl that remained about the mouth of the ditch would have been exposed, and would have become so shy as entirely to forsake the place."

THE DECOY MAN, DOG, AND DUCKS.—"The first thing the decoy-man did, on approaching the ditch, was to take a piece of lighted peat or turf, and to hold it near his mouth, to prevent the birds from smelling him. He was attended by a dog trained to render him assistance. He walked very silently about halfway up the shootings, where a small piece of wood was thrust through the reed fence, which made an aperture just large enough to enable him to see if there were any fowl within; if not, he walked to see if any were about the entrance to the ditch. If there were, he stopped, made a motion to his dog, and gave him a piece of cheese to eat, when the dog went directly to a hole through the reed fence, and the birds immediately flew off the back into the water. The dog returned along the bank between the reed fences, and came out to his master at another hole. The man then gave the dog something more to encourage him, and the dog repeated his rounds, till the birds were attracted by his motions, and followed him into the mouth of the ditch—an operation which was called 'working them.' The man now retreated further back, working the dog at different holes, until the ducks were sufficiently under the net. He then commanded his dog to lie down under the fence, and going himself forward to the end of the ditch next the lake, he took off his hat, and gave it a wave between the shootings. All the birds that were under the net could then see him, but none that were in the lake could. The former flew forward, and the man then ran to the next shooting, and waved his hat, and so on, driving them along until they came into the tunnel-net, into which they crept. When they were all in, the man gave the net a twist, so as to prevent them getting back. He then took the net off from the end of the ditch, and taking out, one by one, the ducks that were in it, dislocated their necks."

BOILED FOWLS OR CHICKENS.

938. INGREDIENTS.—A pair of fowls; water.

Choosing and Trussing.—In choosing fowls for boiling, it should be borne in mind that those that are not black-legged are generally much whiter when dressed. Pick, draw, singe, wash, and truss them in the following manner, without the livers in the wings; and, in drawing, be careful not to break the gall-bladder:—Cut off the neck, leaving sufficient skin to skewer back. Cut the feet off to the first joint, tuck the stumps into a slit made on each side of the belly, twist the wings over the back of the fowl, and secure the top of the leg and the bottom of the wing together by running a skewer through them and the body. The other side must be done in the same manner. Should the fowl be very large and old, draw the sinews of the legs before tucking them in. Make a slit in the apron of the fowl, large enough to admit the parson's nose, and tie a string on the tops of the legs to keep them in their proper place.
Mode.—When, they are firmly trussed, put them into a stewpan with plenty of hot water; bring it to boil, and carefully remove all the scum as it rises. Simmer very gently until the fowl is tender, and bear in mind that the slower it boils, the plumper and whiter will the fowl be. Many cooks wrap them in a floured cloth to preserve the colour, and to prevent the scum from clinging to them; in this case, a few slices of lemon should be placed on the breasts; over these a sheet of buttered paper, and then the cloth; cooking them in this manner renders the flesh very white. Boiled ham, bacon, boiled tongue, or pickled pork, are the usual accompaniments to boiled fowls, and they may be served with Béchamel, white sauce, parsley and butter, oyster, lemon, liver, celery, or mushroom sauce. A little should be poured over the fowls, after the skewers are removed, and the remainder sent in a tureen to table.

Time.—Large fowl, 1 hour; moderate-sized one, ¾ hour; chicken, from 20 minutes to ½ hour.

Average cost, in full season, 5s. the pair.

Sufficient for 7 or 8 persons.

Seasonable all the year, but scarce in early spring.

THE GAME FOWL.—
Respecting the period at which this well-known member of the Gallus family became domesticated, history is silent. There is little doubt, however, that, like the dog, it has been attached to mankind ever since mankind were attached to civilization. Although the social position of this bird is, at the present time, highly respectable, it is nothing to what it was when Rome was mistress of the world. Writing at that period, Pliny says, respecting the domestic cock, "The gait of the cock is proud and commanding; he walks with erect and elevated crest; alone, of all birds, he habitually looks up to the sky, raising, at the same time, his curved and scythe-formed tail, and inspiring terror in the lion himself, that most intrepid of animals. — They regulate the conduct of our magistrates, and open or close to them their own houses. They prescribe rest or movement to the Roman fasces: they command or prohibit battles. In a word, they lord it over the masters of the world." As well among the ancient Greeks as the Romans, was the cock regarded with respect, and even awe. The former people practised divinations by means of this bird. Supposing there to be a doubt in the camp as to the fittest day to fight a battle, the letter of every day in the week would be placed face downwards, and a grain of corn placed on each; then the sacred cock would be let loose, and, according to the letters he pecked his corn from, so would the battle-time be regulated. On one momentous occasion, however, a person inimical to priestly interest officiously examined the grain, and found that those lying on the letters not wanted were made of wax, and the birds,
preferring the true grain, left these untouched. It is needless to add that, after this, divination through the medium of cocks and grain fell out of fashion. Whether or no the learned fowl above alluded to were of the "game" breed, is unknown; but that the birds were bred for the inhuman sport of fighting many hundred years before the Christian era, there can be no doubt.

Themistocles, the Athenian king, who flourished more than two thousand years ago, took advantage of the sight of a pitched battle between two cocks to harangue his soldiers on courage. "Observe," said he, "with what intrepid valour they fight, inspired by no other motive than love of victory; whereas you have to contend for your religion and your liberty, for your wives and children, and for the tombs of your ancestors." And to this day his courage has not degenerated. He still preserves his bold and elegant gait, his sparkling eye, while his wedge-shaped beak and cruel spurs are ever ready to support his defiant crow. It is no wonder that the breed is not plentiful—first, on account of the few eggs laid by the hen; and, secondly, from the incurable pugnacity of the chicks. Half-fledged broods may be found blind as bats from fighting, and only waiting for the least glimmer of sight to be at it again. Without doubt, the flesh of game fowls is every way superior to that of every chicken of the family.

**BROILED FOWL AND MUSHROOM SAUCE.**

939. **INGREDIENTS.**—A large fowl, seasoning, to taste, of pepper and salt, 2 handfuls of button mushrooms, 1 slice of lean ham, ¾ pint of thickened gravy, 1 teaspoonful of lemon-juice, ½ teaspoonful of pounded sugar.

**Mode.**—Cut the fowl into quarters, roast it until three-parts done, and keep it well basted whilst at the fire. Take the fowl up, broil it for a few minutes over a clear fire, and season it with pepper and salt. Have ready some mushroom sauce made in the following manner. Put the mushrooms into a stewpan with a small piece of butter, the ham, a seasoning of pepper and salt, and the gravy; simmer these gently for ½ hour, add the lemon-juice and sugar, dish the fowl, and pour the sauce round them.

**Time.**—To roast the fowl, 35 minutes; to broil it, 10 to 15 minutes.

**Average cost,** in full season, 2s. 6d.

**Sufficient** for 4 or 5 persons.

**Seasonable.**—In full season from January.

**THE BANTAM.**—No one will dispute that for beauty, animation, plumage, and courage the Bantam is entitled to rank next to the game fowl. As its name undoubtedly implies, the bird is of Asiatic origin. The choicest sorts are the buff-coloured, and those that are entirely black. A year-old Bantam cock of pure breed will not weigh more than sixteen ounces. Despite its small size, however, it is marvellously bold, especially in defence of its progeny. A friend of the writer's, residing at Kensington, possessed a pair of thorough-bred Bantams, that were allowed the range of a yard where a fierce bull-terrier was kennelled. The hen had chicks; and, when about three weeks old, one of them strayed into the dog-kennel. The grim beast within took no notice of the tiny fledgling; but, when the anxious mother ventured in to fetch out the truant, with a growl the dog woke, and nearly snapped her asunder in his great jaws. The cock bird saw the tragic fate
of its partner; but, nothing daunted, flew at the dog with a fierce cry, and pecked savagely at its face. The odds, however, were too great; and, when the terrier had sufficiently recovered from the astonishment caused by the sudden and unexpected attack, he seized the audacious Bantam, and shook him to death; and, in five minutes, the devoted couple were entombed in Pincher's capacious maw.

BOILED FOWL AND RICE.

940. INGREDIENTS.—1 fowl, mutton broth, 2 onions, 2 small blades of pounded mace, pepper and salt to taste, ¼ pint of rice, parsley and butter.

Mode.—Truss the fowl as for boiling, and put it into a stewpan with sufficient clear well-skimmed mutton broth to cover it; add the onion, mace, and a seasoning of pepper and salt; stew very gently for about 1 hour, should the fowl be large, and about ½ hour before it is ready put in the rice, which should be well washed and soaked. When the latter is tender, strain it from the liquor, and put it on a sieve reversed to dry before the fire, and, in the mean time, keep the fowl hot. Dish it, put the rice round as a border, pour a little parsley and butter over the fowl, and the remainder send to table in a tureen.

Time.—A large fowl, 1 hour.

Average cost, in full season, 2s. 6d.

Sufficient for 3 or 4 persons.

Seasonable all the year, but scarce in early spring.

THE DORKING.—This bird takes its name from that of a town in Surrey, where the breed is to be found in greater numbers, and certainly in greater perfection, than elsewhere. It is generally believed that this particular branch of poultry was found in the town above mentioned as long ago as the Roman era. The Dorking's chief characteristic is that he has five claws on each foot; the extra claw, however, is never of sufficient length to encumber the foot, or to cause it to "drag" its nest, or scratch out the eggs. The colour of the true Dorking is pure white; long in the body, short in the legs, and a prolific layer. Thirty years ago, there was much controversy respecting the origin of the Dorking. The men of Sussex declared that the bird belonged to them, and brought birds indigenous to their weald, and possessing all the Dorking fine points and peculiarities, in proof of the declaration. Others inclined to the belief that the Poland bird was the father of the Dorking, and not without at least a show of reason, as the former bird much resembles the latter in shape; and, despite its sombre hue, it is well known that the Poland cock will occasionally beget thorough white stock from white English hens. The commotion has, however, long ago subsided, and Dorking still retains its fair reputation for fowl.
CURRIED FOWL.

941. INGREDIENTS.—1 fowl, 2 oz. of butter, 3 onions sliced, 1 pint of white veal gravy, 1 tablespoonful of curry-powder, 1 tablespoonful of flour, 1 apple, 4 tablespoonfuls of cream, 1 tablespoonful of lemon-juice.

Mode.—Put the butter into a stewpan, with the onions sliced, the fowl cut into small joints, and the apple peeled, cored, and minced. Fry of a pale brown, add the stock, and stew gently for 20 minutes; rub down the curry-powder and flour with a little of the gravy, quite smoothly, and stir this to the other ingredients; simmer for rather more than ½ hour, and just before serving, add the above proportion of hot cream and lemon-juice. Serve with boiled rice, which may either be heaped lightly on a dish by itself, or put round the curry as a border.

Time.—50 minutes.

Average cost, 3s. 3d.

Sufficient for 3 or 4 persons.

Seasonable in the winter.

Note.—This curry may be made of cold chicken, but undressed meat will be found far superior.

THE POLAND.—This bird, a native of Holland, is a great favourite with fowl-keepers, especially those who have on eye to profit rather than to amusement. Those varieties known as the "silver spangled" and the "gold spangled" are handsome enough to please the most fastidious; but the common black breed, with the bushy crown of white feathers, is but a plain bird. The chief value of the common Poland lies in the great number of eggs they produce; indeed, in many parts, they are as well known as "everlasting layers" as by their proper name. However, the experienced breeder would take good care to send the eggs of his everlasting layers to market, and not use them for home consumption, as, although they may be as large as those laid by other hens, the amount of nutriment contained in them is not nearly so great. Mr. Mowbray once kept an account of the number of eggs produced by this prolific bird, with the following result:—From the 25th of October to the 25th of the following September five hens laid 503 eggs; the average weight of each egg was one ounce five drachms, and the total weight of the whole, exclusive of the shells, 50-¼ pounds. Taking the weight of the birds at the fair average of five pounds each, we thus see them producing within a year double their weight of egg alone; and, supposing every egg to contain a chick, and allowing the chick to grow, in less than eighteen months from the laying of the first egg, two thousand five hundred pounds of chicken-meat would be the result. The Poland is easily fattened, and its flesh is generally considered juicier and of richer flavour than most others.
CURRIED FOWL OR CHICKEN
(Cold Meat Cookery).

942. INGREDIENTS.—The remains of cold roast fowls, 2 large onions, 1 apple, 2 oz. of butter, 1 dessertspoonful of curry-powder, 1 teaspoonful of flour, ½ pint of gravy, 1 tablespoonful of lemon-juice.

Mode.—Slice the onions, peel, core, and chop the apple, and cut the fowl into neat joints; fry these in the butter of a nice brown; then add the curry-powder, flour, and gravy, and stew for about 20 minutes. Put in the lemon-juice, and serve with boiled rice, either placed in a ridge round the dish or separately. Two or three shallots or a little garlic may be added, if approved.

Time.—Altogether ½ hour. Av. cost, exclusive of the cold fowl, 6d.

Seasonable in the winter.

THE COCHIN-CHINA.—About fifteen years ago, the arrival of this distinguished Asiatic created in England as great a sensation as might be expected from the landing of an invading host. The first pair that ever made their appearance here were natives of Shanghai, and were presented to the queen, who exhibited them at the Dublin poultry-show of 1818. Then began the "Cochin" furor. As soon as it was discovered, despite the most strenuous endeavours to keep the tremendous secret, that a certain dealer was possessed of a pair of these birds, straightway the avenues to that dealer's shop were blocked by broughams, and chariots, and hack cabs, until the shy poulterer had been tempted by a sufficiently high sum to part with his treasure. Bank-notes were exchanged for Cochin chicks, and Cochin eggs were in as great demand as though they had been laid by the fabled golden goose. The reign of the Cochin China was, however, of inconsiderable duration. The bird that, in 1847, would fetch thirty guineas, is now counted but ordinary chicken-meat, and its price is regulated according to its weight when ready for the spit. As for the precious buff eggs, against which, one time of day, guineas were weighed,—send for sixpenn'orth at the cheesemonger's, and you will get at least five; which is just as it should be. For elegance of shape or quality of flesh, the Cochin cannot for a moment stand comparison with our handsome dunghill; neither can the indescribable mixture of growling and braying, peculiar to the former, vie with the musical trumpeting of our own morning herald: yet our poultry-breeders have been immense gainers by the introduction of the ungainly celestial, inasmuch as new blood has been infused into the English chicken family. Of this incalculable advantage we may be sure; while, as to the Cochin's defects, they are certain to be lost in the process of "cross and cross" breeding.

BOILED FOWLS A LA BECHAMEL.

943. INGREDIENTS.—A pair of fowls, 1 pint of Béchamel, No. 367, a few bunches of boiled brocoli or cauliflower.
Mode.—Truss and boil the fowls by recipe No. 938; make a pint of Béchamel sauce by recipe No. 367; pour some of this over the fowls, and the remainder send to table in a tureen. Garnish the dish with bunches of boiled cauliflowers or broccoli, and serve very hot. The sauce should be made sufficiently thick to adhere to the fowls; that for the tureen should be thinned by adding a spoonful or two of stock.

Time.—From ½ to 1 hour, according to size.

Average cost, in full season, 5s. a pair.

Sufficient for 6 or 7 persons.

Seasonable all the year, but scarce in early spring.

SPACE FOR FOWLS.—We are no advocates for converting the domestic fowl into a cage-bird. We have known amateur fowl-keepers—worthy souls, who would butter the very barley they gave their pets, if they thought they would the more enjoy it—coop up a male bird and three or four hens in an ordinary egg-chest placed on its side, and with the front closely barred with iron hooping! This system will not do. Every animal, from man himself to the guinea-pig, must have what is vulgarly, but truly, known as “elbow-room;” and it must be self-evident how emphatically this rule applies to winged animals. It may be urged, in the case of domestic fowls, that from constant disuse, and from clipping and plucking, and other sorts of maltreatment, their wings can hardly be regarded as instruments of flight; we maintain, however, that you may pluck a fowl's wing-joints as bare as a pumpkin, but you will not erase from his memory that he is a fowl, and that his proper sphere is the open air. If he likewise reflects that he is an ill-used fowl—a prison-bird—he will then come to the conclusion, that there is not the least use, under such circumstances, for his existence; and you must admit that the decision is only logical and natural.

BOILED FOWL, with Oysters.

(Excellent.)

944. INGREDIENTS.—1 young fowl, 3 dozen oysters, the yolks of 2 eggs, ¼ pint of cream.

Mode.—Truss a young fowl as for boiling; fill the inside with oysters which have been bearded and washed in their own liquor; secure the ends of the fowl, put it into a jar, and plunge the jar into a saucepan of boiling water. Keep it boiling for 1-½ hour, or rather longer; then take the gravy that has flowed from the oysters and fowl, of which there will be a good quantity; stir in the cream and yolks of eggs, add a few oysters scalded in their liquor; let the sauce get quite hot, but do not allow it to boil; pour some of it over the fowl, and the remainder send to table in a tureen. A blade of pounded mace added to the sauce, with the cream and eggs, will be found an improvement.

Time.—1-½ hour. Average cost, 4s. 6d.
Sufficient for 3 or 4 persons.

Seasonable from September to April.

THE FOWL-HOUSE.—In building a fowl-house, take care that it be, if possible, built against a wall or fence that faces the south, and thus insure its inmates against many cold winds, driving rains, and sleet they will otherwise suffer. Let the floor of the house slope half an inch to the foot from back to front, so as to insure drainage; let it also be close, hard, and perfectly smooth; so that it may be cleanly swept out. A capital plan is to mix a few bushels of chalk and dry earth, spread it over the floor, and pay a mason's labourer a trifle to hammer it level with his rammer. The fowl-house should be seven feet high, and furnished with perches at least two feet apart. The perches must be level, and not one above the other, or unpleasant consequences may ensue to the undermost row. The perches should be ledged (not fixed—just dropped into sockets, that they may be easily taken out and cleaned) not lower than five feet from the ground, convenient slips of wood being driven into the wall, to render the ascent as easy as possible. The front of the fowl-house should be latticed, taking care that the interstices be not wide enough even to tempt a chick to crawl through. Nesting-boxes, containing soft hay, and fitted against the walls, so as to be easily reached by the perch-ladder, should be supplied. It will be as well to keep by you a few portable doors, so that you may hang one before the entrance to a nesting-box, when the hen goes in to sit. This will prevent other hens from intruding, a habit to which some are much addicted.

FRICASSEED FOWL OR CHICKEN
(an Entree).

INGREDIENTS.—2 small fowls or 1 large one, 3 oz. of butter, a bunch of parsley and green onions, 1 clove, 2 blades of mace, 1 shalot, 1 bay-leaf, salt and white pepper to taste, ¼ pint of cream, the yolks of 3 eggs.

Mode.—Choose a couple of fat plump chickens, and, after drawing, singeing, and washing them, skin, and carve them into joints; blanch these in boiling water for 2 or 3 minutes; take them out, and immerse them in cold water to render them white. Put the trimmings, with the necks and legs, into a stewpan; add the parsley, onions, clove, mace, shalot, bay-leaf, and a seasoning of pepper and salt; pour to these the water that the chickens were blanched in, and simmer gently for rather more than 1 hour. Have ready another stewpan; put in the joints of fowl, with the above proportion of butter; dredge them with flour, let them get hot, but do not brown them much; then moisten the fricassee with the gravy made from the trimmings, &c., and stew very gently for ½ hour. Lift the fowl into another stewpan, skim the sauce, reduce it quickly over the fire, by letting it boil fast, and strain it over them. Add the cream, and a seasoning of pounded mace and cayenne; let it boil up, and when ready to serve, stir to it the well-beaten yolks of 3 eggs: these should not be put in till the last moment, and the sauce should be made hot, but must not boil, or it will instantly curdle. A few button-mushrooms stewed with the fowl are by many persons considered an improvement.

Time.—1 hour to make the gravy, ½ hour to simmer the fowl.

Average cost, 5s. the pair.

Sufficient.—1 large fowl for one entrée.

Seasonable at any time.
STOCKING THE FOWL-HOUSE.—Take care that the birds with which you stock your house are young. The surest indications of old age are fading of the comb and gills from brilliant red to a dingy brick-colour, general paleness of plumage, brittleness of the feathers, length and size of the claws, and the scales of the legs and feet assuming a ragged and corny appearance. Your cock and hens should be as near two years old as possible. Hens will lay at a year old, but the eggs are always insignificant in size, and the layers giddy and unsteady sitters. The hen-bird is in her prime for breeding at three years old, and will continue so, under favourable circumstances, for two years longer; after which she will decline. Crowing hens, and those that have large combs, are generally looked on with mistrust; but this is mere silliness and superstition—though it is possible that a spruce young cock would as much object to a spouse with such peculiar addictions, as a young fellow of our own species would to a damsel who whistled and who wore whiskers. Fowls with yellow legs should be avoided; they are generally of a tender constitution, loose-fleshed, and of indifferent flavour.

FRICASSEED FOWL
(Cold Meat Cookery).

946. INGREDIENTS.—The remains of cold roast fowl, 1 strip of lemon-peel, 1 blade of pounded mace, 1 bunch of savoury herbs, 1 onion, popper and salt to taste, 1 pint of water, 1 teaspoonful of flour, ¼ pint of cream, the yolks of 2 eggs.

Mode.—Carve the fowls into nice joints; make gravy of the trimmings and legs, by stewing them with the lemon-peel, mace, herbs, onion, seasoning, and water, until reduced to ½ pint; then strain, and put in the fowl. Warm it through, and thicken with a teaspoonful of flour; stir the yolks of the eggs into the cream; add these to the sauce, let it get thoroughly hot, but do not allow it to boil, or it will curdle.

Time.—1 hour to make the gravy, ¼ hour to warm the fowl.

Average cost, exclusive of the cold chicken, 8d.

Seasonable at any time.

CHARACTERISTICS OF HEALTH AND POWER.—The chief characteristics of health in a fowl are brightness and dryness of eye and nostrils, the comb and wattles firm and ruddy, the feathers elastic and glossy. The most useful cock is generally the greatest tyrant, who struts among his hens despotically, with his erect and his eyes ever watchful. There is likely to be handsomer and stronger chicks in a house where a bold, active—even savage—bird reigns, than where the lord of the hen-house is a weak, meek creature, who bears the abuse and peckings of his wives without a remonstrance. I much prefer dark-coloured cock-birds to those of light plumage. A cock, to be handsome, should be of middling size; his bill should be short, comb bright-red, wattles large, breast broad, and wings strong. His should be rather small than otherwise, his legs short and sturdy, and his spurs well-formed; his feathers should be short and close, and the more frequently and heartily he crows, the better father he is likely to become. The common error of choosing hens above the ordinary stature of their respective varieties should be avoided, as the best breeding-hens are those of medium size.
FRIED FOWLS
(Cold Meat Cookery).

I.

947. INGREDIENTS.—The remains of cold roast fowls, vinegar, salt and cayenne to taste, 3 or 4 minced shalots. For the batter,—½ lb. of flour, ½ pint of hot water, 2 oz. of butter, the whites of 2 eggs.

Mode.—Cut the fowl into nice joints; steep them for an hour in a little vinegar, with salt, cayenne, and minced shalots. Make the batter by mixing the flour and water smoothly together; melt in it the butter, and add the whites of egg beaten to a froth; take out the pieces of fowl, dip them in the batter, and fry, in boiling lard, a nice brown. Pile them high in the dish, and garnish with fried parsley or rolled bacon. When approved, a sauce or gravy may be served with them.

Time.—10 minutes to fry the fowl.

Average cost, exclusive of the cold fowl, 8d.

Seasonable at any time.

CHANTICLEER AND HIS COMPANIONS.—On bringing the male and female birds together for the first time, it will be necessary to watch the former closely, as it is a very common occurrence with him to conceive a sudden and violent dislike for one or more of his wives, and not allow the obnoxious ones to approach within some distance of the others; indeed, I know many cases where the capricious tyrant has set upon the innocent cause of his resentment and killed her outright. In all such cases, the hen objected to should be removed and replaced by another. If the cock should, by any accident, get killed, considerable delicacy is required in introducing a new one. The hens may mope, and refuse to associate with their new husband, clustering in corners, and making odious comparisons between him and the departed; or the cock may have his own peculiar notions as to what a wife should be, and be by no means satisfied with those you have provided him. The plan is, to keep him by himself nearly the whole day, supplying him plentifully with exhilarating food, then to turn him loose among the hens, and to continue this practice, allowing him more of the society of his wives each day, until you suffer him to abide with them altogether.

II.

948. INGREDIENTS.—The remains of cold roast fowl, vinegar, salt and cayenne to taste, 4 minced shalots, yolk of egg; to every teacupful of bread crumbs allow 1 blade of pounded mace, 5 teaspoonful of minced lemon-peel, 1 saltspoonful of salt, a few grains of cayenne.

Mode.—Steep the pieces of fowl as in the preceding recipe, then dip them into the yolk of an egg or clarified butter; sprinkle over bread crumbs with which have been mixed salt, mace, cayenne, and lemon-peel in the above proportion. Fry a light brown, and serve with or without gravy, as may be preferred.

Time.—10 minutes to fry the fowl.

Average cost, exclusive of the cold fowl, 6d.
Seasonable at any time.

VARIOUS MODES OF FATTENING FOWLS.—It would, I think, be a difficult matter to find, among the entire fraternity of fowl-keepers, a dozen whose mode of fattening "stock" is the same. Some say that the grand secret is to give them abundance of saccharine food; others say nothing beats heavy corn steeped in milk; while another breeder, celebrated in his day, and the recipient of a gold medal from a learned society, says, "The best method is as follows:—The chickens are to be taken from the hen the night after they are hatched, and fed with eggs hard-boiled, chopped, and mixed with crumbs of bread, as larks and other small birds are fed, for the first fortnight; after which give them oatmeal and treacle mixed so as to crumble, of which the chickens are very fond, and thrive so fast that, at the end of two months, they will be as large as full-grown fowls." Others there are who insist that nothing beats oleaginous diet, and cram their birds with ground oats and suet. But, whatever the course of diet favoured, on one point they seem agreed; and that is, that, while fattening, the fowls should be kept in the dark. Supposing the reader to be a dealer—a breeder of gross chicken meat for the market (against which supposition the chances are 10,000 to 1), and beset with as few scruples as generally trouble the huckster, the advice is valuable. "Laugh and grow fat" is a good maxim enough; but "Sleep and grow fat" is, as is well known to folks of porcine attributes, a better. The poor birds, immured in their dark dungeons, ignorant that there is life and sunshine abroad, tuck their heads under their wings and make a long night of it; while their digestive organs, having no harder work than to pile up fat, have an easy time enough. But, unless we are mistaken, he who breeds poultry for his own eating, bargains for a more substantial reward than the questionable pleasure of burying his carving-knife in chicken grease. Tender, delicate, and nutritious flesh is the great aim; and these qualities, I can affirm without fear of contradiction, were never attained by a dungeon-fatted chicken: perpetual gloom and darkness is as incompatible with chicken life as it is with human. If you wish to be convinced of the absurdity of endeavouring to thwart nature's laws, plant a tuft of grass, or a cabbage-plant, in the darkest corner of your coal-cellar. The plant or the tuft may increase in length and breadth, but its colour will be as wan and pale, almost, as would be your own face under the circumstances.

POULET A LA MARENGO.

949. INGREDIENTS.—1 large fowl, 4 tablespoonfuls of salad oil, 1 tablespoonful of flour, 1 pint of stock No. 105, or water, about 20 mushroom-buttons, salt and pepper to taste, 1 teaspoonful of powdered sugar, a very small piece of garlic.

Mode.—Cut the fowl into 8 or 10 pieces; put them with the oil into a stewpan, and brown them over a moderate fire; dredge in the above proportion of flour; when that is browned, pour in the stock or water; let it simmer very slowly for rather more than ½ hour, and skim off the fat as it rises to the top; add the mushrooms; season with salt, pepper, garlic, and sugar; take out the fowl, which arrange pyramidically on the dish, with the inferior joints at the bottom. Reduce the sauce by boiling it quickly over the fire, keeping it stirred until sufficiently thick to adhere to the back of a spoon; pour over the fowl, and serve.

Time.—Altogether 50 minutes. Average cost, 3s. 6d.

Sufficient for 3 or 4 persons.

Seasonable at any time.

A FOWL À LA MARENGO.—The following is the origin of the well-known dish Poulet à la Marengo:—On the evening of the battle the first consul was very hungry after the agitation of the day, and a fowl was ordered with all expedition. The fowl was procured, but there was no
butter at hand, and unluckily none could be found in the neighbourhood. There was oil in abundance, however; and the cook having poured a certain quantity into his skillet, put in the fowl, with a clove of garlic and other seasoning, with a little white wine, the best the country afforded; he then garnished it with mushrooms, and served it up hot. This dish proved the second conquest of the day, as the first consul found it most agreeable to his palate, and expressed his satisfaction. Ever since, a fowl à la Marengo is a favourite dish with all lovers of good cheer.

MINCED FOWL A LA BECHAMEL.

950. INGREDIENTS.—The remains of cold roast fowl, 6 tablespoonfuls of Béchamel sauce No. 367, 6 tablespoonfuls of white stock No. 107, the white of 1 egg, bread crumbs, clarified butter.

Mode.—Take the remains of roast fowls, mince the white meat very small, and put it into a stewpan with the Béchamel and stock; stir it well over the fire, and just let it boil up. Pour the mince into a dish, beat up the white of egg, spread it over, and strew on it a few grated bread crumbs; pour a very little clarified butter on the whole, and brown either before the fire or with a salamander. This should be served in a silver dish, if at hand.

Time.—2 or 3 minutes to simmer in the sauce.

Seasonable at any time.

THE BEST WAY TO FATTEN FOWLS.—The barn-door fowl is in itself a complete refutation of the cramming and dungeon policy of feeding practised by some. This fowl, which has the common run of the farm-yard, living on dairy-scrap and offal from the stable, begins to grow fat at threshing-time. He has his fill of the finest corn; he has his fill of fresh air and natural exercise, and at last he comes smoking to the table,—a dish for the gods. In the matter of unnaturally stuffing and confining fowls, Mowbray is exactly of our opinion. He says: "The London chicken-butchers, as they are termed, are said to be, of all others, the most expeditious and dexterous feeders, putting up a coop of fowls, and making them thoroughly fat within the space of a fortnight, using much grease, and that perhaps not of the most delicate kind, in the food. In this way I have no boasts to make, having always found it necessary to allow a considerable number of weeks for the purpose of making fowls fat in coops. In the common way this business is often badly managed, fowls being huddled together in a small coop, tearing each other to pieces, instead of enjoying that repose which alone can insure, the wished-for object—irregularly fed and cleaned, until they become so stenched and poisoned in their own excrement, that their flesh actually smells and tastes when smoking upon the table." Sussex produces the fattest and largest poultry of any county in England, and the fatting process there most common is to give them a gruel made of pot-liquor and bruised oats, with which are mixed hog's grease, sugar, and milk. The fowls are kept very warm, and crammed morning and night. They are put into the coop, and kept there two or three days before the cramming begins, and then it is continued for a fortnight, and the birds are sent to market.

RAGOUT OF FOWL.

951. INGREDIENTS.—The remains of cold roast fowls, 3 shalots, 2 blades of mace, a faggot of savoury herbs, 2 or three slices of lean ham, 1 pint of stock or water, pepper and salt to taste, 1 onion, 1 dessertspoonful of flour, 1 tablespoonful of lemon-juice, ½ teaspoonful of pounded sugar, 1 oz. of butter.
Mode.—Cut the fowls up into neat pieces, the same as for a fricassee; put the trimmings into a stewpan with the shallots, mace, herbs, ham, onion, and stock (water may be substituted for this). Boil it slowly for 1 hour, strain the liquor, and put a small piece of butter into a stewpan; when melted, dredge in sufficient flour to dry up the butter, and stir it over the fire. Put in the strained liquor, boil for a few minutes, and strain it again over the pieces of fowl. Squeeze in the lemon-juice, add the sugar and a seasoning of pepper and salt, make it hot, but do not allow it to boil; lay the fowl neatly on the dish, and garnish with croûtons.

Time.—Altogether 1½ hour. Average cost, exclusive of the cold fowl, 9d.

Seasonable at any time.

THE BEST FOWLS TO FATTEN, &c.—The chicks most likely to fatten well are those first hatched in the brood, and those with the shortest legs. Long-legged fowls, as a rule, are by far the most difficult to fatten. The most delicate sort are those which are put up to fatten as soon as the hen forsakes them; for, as says an old writer, "then they will be in fine condition, and full of flesh, which flesh is afterwards expended in the exercise of foraging for food, and in the increase of stature; and it may be a work of some weeks to recover it,—especially with young cocks." But whether you take them in hand as chicks, or not till they are older, the three prime rules to be observed are, sound and various food, warmth, and cleanliness. There is nothing that a fattening fowl grows so fastidious about as his water. If water any way foul be offered him, he will not drink it, but sulk with his food, and pine, and you all the while wondering the reason why. Keep them separate, allowing to each bird as much space as you can spare. Spread the ground with sharp sandy gravel; take care that they are not disturbed. In addition to their regular diet of good corn, make them a cake of ground oats or beans, brown sugar, milk, and mutton suet. Let the cake lie till it is stale, then crumble it, and give each bird a gill-measureful morning and evening. No entire grain should be given to fowls during the time they are fattening; indeed, the secret of success lies in supplying them with the most nutritious food without stint, and in such a form that their digestive mills shall find no difficulty in grinding it.

ROAST FOWLS.

952. INGREDIENTS.—A pair of fowls; a little flour.

Mode.—Fowls to be tender should be killed a couple of days before they are dressed; when the feathers come out easily, then let them be picked and cooked. In drawing them, be careful not to break the gall-bag, as, wherever it touches, it would impart a very bitter taste; the liver and gizzard should also be preserved. Truss them in the following manner:—After having carefully picked them, cut off the , and skewer the skin of the neck down over the back. Cut off the claws; dip the legs in boiling water, and scrape them; turn the pinions under, run a skewer through them and the middle of the legs, which should be passed through the body to the pinion and leg on the other side, one skewer securing the limbs on both sides. The liver and gizzard should be placed in the wings, the liver on one side and the gizzard on the other. Tie the legs together by passing a trussing-needle, threaded with twine, through the backbone, and secure it on the other side. If
trussed like a capon, the legs are placed more apart. When firmly trussed, singe them all over; put them down to a bright clear fire, paper the breasts with a sheet of buttered paper, and keep the fowls well basted. Roast them for ¾ hour, more or less, according to the size, and 10 minutes before serving, remove the paper, dredge the fowls with a little fine flour, put a piece of butter into the basting-ladle, and as it melts, baste the fowls with it; when nicely frothed and of a rich colour, serve with good brown gravy, a little of which should be poured over the fowls, and a tureen of well-made bread sauce, No. 371. Mushroom, oyster, or egg sauce are very suitable accompaniments to roast fowl.—Chicken is roasted in the same manner.

*Time.*—A very large fowl, quite 1 hour, medium-sized one ¾ hour, chicken ½ hour, or rather longer.

*Average cost,* in full season, 5s. a pair; when scarce, 7s. 6d. the pair.

*Sufficient* for 6 or 7 persons.

*Seasonable* all the year, but scarce in early spring.

THE DISEASES OF FOWLS, AND HOW TO CURE THEM.—The diseases to which *Gallus domesticus* is chiefly liable, are roupy, pip, scouring, and chip. The first-mentioned is the most common of all, and results from cold. The ordinary symptoms,—swollen eyes, running at the nostrils, and the purple colour of the wattles. Part birds so affected from the healthy ones, as, when the disease is at its height it is as contagious as glanders among horses. Wash out the nostrils with warm water, give daily a peppercorn inclosed in dough; bathe the eyes and nostrils with warm milk and water. If the is much swollen, bathe with warm brandy and water. When the bird is getting well, put half a spoonful of sulphur in his drinking-water. Some fanciers prescribe for this disease half a spoonful of table salt, dissolved in half a gill of water, in which rue has been steeped; others, pills composed of ground rice and fresh butter: but the remedy first mentioned will be found far the best. As there is a doubt respecting the wholesomeness of the eggs laid by roupy hens, it will be as well to throw them away. The pip is a white horny skin growing on the tip of the bird's tongue. It should be removed with the point of a penknife, and the place rubbed with salt.

**FOWL AND RICE CROQUETTES**

(an Entree).

953. **INGREDIENTS.**—¼ lb. of rice, 1 quart of stock or broth, 3 oz. of butter, minced fowl, egg, and bread crumbs.

**Mode.**—Put the rice into the above proportion of cold stock or broth, and let it boil very gently for ½ hour; then add the butter, and simmer it till quite dry and soft. When cold, make it into balls, hollow out the inside, and fill with minced fowl made by recipe No. 956. The mince should be rather thick. Cover over with rice, dip the balls into egg, sprinkle them with bread crumbs, and fry a nice brown. Dish them, and garnish with fried parsley. Oysters, white sauce, or a little cream, may be stirred into the rice before it cools.

*Time.*—½ hour to boil the rice, 10 minutes to fry the croquettes.

*Average cost,* exclusive of the fowl, 8d.
Seasonable at any time.

CHIP.—If the birds are allowed to puddle about on wet soil, or to be much out in the rain, they will get "chip." Young chicks are especially liable to this complaint. They will sit shivering in out-of-the-way corners, perpetually uttering a dolorous "chip, chip;" seemingly frozen with cold, though, on handling them, they are found to be in high fever. A wholesale breeder would take no pains to attempt the cure of fowls so afflicted; but they who keep chickens for the pleasure, and not for the profit they yield, will be inclined to recover them if possible. Give them none but warm food, half a peppercorn rolled in a morsel of dough every night, and a little nitre in their water. Above all, keep them warm; a corner in the kitchen fender, for a day or two, will do more to effect a cure than the run of a druggist's warehouse.

CROQUETTES OF FOWL
(an Entree).

954. INGREDIENTS.—3 or 4 shalots, 1 oz. of butter, 1 teaspoonful of flour, white sauce; pepper, salt, and pounded mace to taste; ½ teaspoonful of pounded sugar, the remains of cold roast fowls, the yolks of 2 eggs, egg, and bread crumbs.

Mode.—Mince the fowl, carefully removing all skin and bone, and fry the shalots in the butter; add the minced fowl, dredge in the flour, put in the pepper, salt, mace, pounded sugar, and sufficient white sauce to moisten it; stir to it the yolks of 2 well-beaten eggs, and set it by to cool. Then make the mixture up into balls, egg and bread-crumble them, and fry a nice brown. They may be served on a border of mashed potatoes, with gravy or sauce in the centre.

Time.—10 minutes to fry the balls.

Seasonable at any time.

THE TURN.—What is termed "turling" with song-birds, is known, as regard fowls, as the "turn." Its origin is the same in both cases,—over-feeding and want of exercise. Without a moment's warning, a fowl so afflicted will totter and fall from its perch, and unless assistance be at hand, speedily give up the ghost. The veins of the palate should be opened, and a few drops of mixture composed of six parts of sweet nitre and one of ammonia, poured down its throat. I have seen ignorant keepers plunge a bird, stricken with the "turn," into cold water; but I never saw it taken out again alive; and for a good reason: the sudden chill has the effect of driving the blood to the,—of aggravating the disease indeed, instead of relieving it.

HASHED FOWL—an Entree
(Cold Meat Cookery).

955. INGREDIENTS.—The remains of cold roast fowl, 1 pint of water, 1 onion, 2 or three small carrots, 1 blade of pounded mace, pepper and salt to taste, 1 small bunch of savoury herbs, thickening of butter and flour, 1-½ tablespoonful of mushroom ketchup.

Mode.—Cut off the best joints from the fowl, and the remainder make into gravy, by adding to the bones and trimmings a pint of water, an onion sliced and fried of a nice brown, the carrots, mace, seasoning, and herbs. Let these stew gently for 1-½ hour, strain the liquor, and thicken with a little flour and butter. Lay in the fowl, thoroughly warm it through, add the ketchup, and garnish with sippets of toasted bread.
Time.—Altogether 1-¾ hour.

Average cost, exclusive of the cold fowl, 4d.

Seasonable at any time.

SKIN-DISEASE IN FOWLS.—Skin-disease is, nine times out of ten, caused by the feathers being swarmed by parasites. Poor feeding will induce this, even if cleanliness be observed; uncleanness, however liberal the bill of fare, will be taken as an invitation by the little biting pests, and heartily responded to. Mix half a teaspoonful of hydro-oxalic acid with twelve teaspoonfuls of water,—apply to the itching parts with an old shaving-brush.

OBSTRUCTION OF THE CROP.—Obstruction of the crop is occasioned by weakness or greediness. You may know when a bird is so afflicted by his crop being distended almost to bursting. Mowbray tells of a hen of his in this predicament; when the crop was opened, a quantity of new beans were discovered in a state of vegetation. The crop should be slit from the bottom to the top with a sharp pair of scissors, the contents taken out, and the slit sewed up again with line white thread.

MINCED FOWL—an Entree (Cold Meat Cookery).

956. INGREDIENTS.—The remains of cold roast fowl, 2 hard-boiled eggs, salt, cayenne, and pounded mace, 1 onion, 1 faggot of savoury herbs, 6 tablespoonfuls of cream, 1 oz. of butter, two teaspoonfuls of flour, ½ teaspoonful of finely-minced lemon-peel, 1 tablespoonful of lemon-juice.

Mode.—Cut out from the fowl all the white meat, and mince it finely without any skin or bone; put the bones, skin, and trimmings into a stewpan with an onion, a bunch of savoury herbs, a blade of mace, and nearly a pint of water; let this stew for an hour, then strain the liquor. Chop the eggs small; mix them with the fowl; add salt, cayenne, and pounded mace, put in the gravy and remaining ingredients; let the whole just boil, and serve with sippets of toasted bread.

Time.—Rather more than 1 hour.

Average cost, exclusive of the fowl, 8d.

Seasonable at any time.

Note.—Another way to make this is to mince the fowl, and warm it in white sauce or Béchamel. When dressed like this, 3 or 4 poached eggs may be placed on the top: oysters, or chopped mushrooms, or balls of oyster forcemeat, may be laid round the dish.

THE MOULTING SEASON.—During the moulting season beginning properly at the end of September, the fowls will require a little extra attention. Keep them dry and warm, and feed them liberally on warm and satisfying food. If in any fowl the moult should seem protracted, examine it for broken feather-stumps still beaded in the skin: if you find any, extract them carefully with a pair of tweezers. If a fowl is hearty and strong, six weeks will see him out of his trouble; if he is weakly, or should take cold during the time, he will not thoroughly recover in less than three months. It is seldom or ever that hens will lay during the moult; while the cock, during the same period, will give so little of his consideration to the frivolities of love,
that you may as well, nay, much better, keep him by himself till he perfectly recovers. A moulting chicken makes but a sorry dish.

HASHED FOWL, Indian Fashion
(an Entree).

957. INGREDIENTS.—The remains of cold roast fowl, 3 or 4 sliced onions, 1 apple, 2 oz. of butter, pounded mace, pepper and salt to taste, 1 tablespoonful of curry-powder, 2 tablespoonfuls of vinegar, 1 tablespoonful of flour, 1 teaspoonful of pounded sugar, 1 pint of gravy.

Mode.—Cut the onions into slices, mince the apple, and fry these in the butter; add pounded mace, pepper, salt, curry-powder, vinegar, flour, and sugar in the above proportions; when the onion is brown, put it the gravy, which should be previously made from the bones and trimmings of the fowls, and stew for ¾ hour; add the fowl cut into nice-sized joints, let it warm through, and when quite tender, serve. The dish should be garnished with au edging of boiled rice.

Time.—1 hour. Average cost, exclusive of the fowl, 8d.

Seasonable at any time.

THE SCOUR OR DYSENTERY.—The scour, or dysentery, or diarrhoea, is induced variously. A sudden alteration in diet will cause it, as will a superabundance of green food. The best remedy is a piece of toasted biscuit sopped in ale. If the disease has too tight a hold on the bird to be quelled by this, give six drops of syrup of white poppies and six drops of castor-oil, mixed with a little oatmeal or ground rice. Restrict the bird's diet, for a few days, to dry food,—crushed beans or oats, stale bread-crumbs, &c.

FOWL SCOLLOPS
(Cold Meat Cookery).

958. INGREDIENTS.—The remains of cold roast or boiled fowl, ½ pint of Béchamel, No. 367, or white sauce, No. 537 or 539.

Mode.—Strip off the skin from the fowl; cut the meat into thin slices, and warm them in about ½ pint, or rather more, of Béchamel, or white sauce. When quite hot, serve, and garnish the dish with rolled ham or bacon toasted.

Time.—1 minute to simmer the slices of fowl.

Seasonable at any time.

THE FEATHER LEGGED BANTAM.—Since the introduction of the Bantam into Europe, it has ramified into many varieties, none of which are destitute of elegance, and some, indeed, remarkable for their beauty. All are, or ought to be, of small size, but lively and vigorous, exhibiting in their movements both grace and stateliness. The variety shown in the engraving is remarkable for
the tarsi, or beams of the legs, being plumed to the toes, with stiff, long feathers, which brush the ground. Owing, possibly, to the little care taken to preserve this variety from admixture, it is now not frequently seen. Another variety is often red, with a black breast and single dentated comb. The tarsi are smooth, and of a dusky blue. When this sort of Bantam is pure, it yields in courage and spirit to none, and is, in fact, a game-fowl in miniature, being as beautiful and graceful as it is spirited. A pure white Bantam, possessing all the qualifications just named, is also bred in the royal aviary at Windsor.

AN INDIAN DISH OF FOWL
(an Entree).

959. INGREDIENTS.—The remains of cold roast fowl, 3 or 4 sliced onions, 1 tablespoonful of curry-powder, salt to taste.

Mode.—Divide the fowl into joints; slice and fry the onions in a little butter, taking care not to burn them; sprinkle over the fowl a little curry-powder and salt; fry these nicely, pile them high in the centre of the dish, cover with the onion, and serve with a cut lemon on a plate. Care must be taken that the onions are not greasy: they should be quite dry, but not burnt.

Time.—5 minutes to fry the onions, 10 minutes to fry the fowl.

Average cost, exclusive of the fowl, 4d.

Seasonable during the winter month.

THE SPECKLED HAMBURG.—
Of the speckled, or spangled Hamburg which is a favourite breed with many persons, there are two varieties,—the golden-speckled and the silver-speckled. The general colour of the former is golden, or orange-yellow, each feather having a glossy dark brown or black tip, particularly remarkable on the hackles of the cock and the wing-coverts, and also on the darker feathers of the breast. The female is yellow, or orange-brown, the feathers in like manner being margined with black. The silver-speckled variety is distinguished by the ground-colour of the plumage being of a silver-white, with perhaps a tinge of straw-yellow, every feather being margined with a semi-lunar mark of glossy black. Both of these varieties are extremely beautiful, the hens laying freely. First-rate birds command a high price.

FOWL SAUTE WITH PEAS
(an Entree).

960. INGREDIENTS.—The remains of cold roast fowl, 2 oz. of butter, pepper, salt, and pounded mace to taste, 1 dessertspoonful of flour, ½ pint of weak stock, 1 pint of green peas, 1 teaspoonful of pounded sugar.
Mode.—Cut the fowl into nice pieces; put the butter into a stew-pan; sautez or fry the
fowl a nice brown colour, previously sprinkling it with pepper, salt, and pounded
mace. Dredge in the flour, shake the ingredients well round, then add the stock and
peas, and stew till the latter are tender, which will be in about 20 minutes; put in the
pounded sugar, and serve, placing the chicken round, and the peas in the middle of the
dish. When liked, mushrooms may be substituted for the peas.

Time.—Altogether 40 minutes.

Average cost, exclusive of the fowl, 7d.

Seasonable from June to August.

BOUDIN A LA REINE
(an Entree).
(M. Ude's Recipe.)

961. INGREDIENTS.—The remains of cold roast fowls, 1 pint of Béchamel No. 367,
salt and cayenne to taste, egg and bread crumbs.

Mode.—Take the breasts and nice white meat from the fowls; cut it into small dice of
an equal size, and throw them into some good Béchamel, made by recipe No. 367;
season with salt and cayenne, and put the mixture into a dish to cool. When this
preparation is quite cold, cut it into 2 equal parts, which should be made into boudins
of a long shape, the size of the dish they are intended to be served on; roll them in
flour, egg and bread-crumble them, and be careful that the ends are well covered with
the crumbs, otherwise they would break in the frying-pan; fry them a nice colour, put
them before the fire to drain the greasy moisture from them, and serve with the
remainder of the Béchamel poured round: this should be thinned with a little stock.

Time.—10 minutes to fry the boudins.

Average cost, exclusive of the fowl, 1s. 3d.

Sufficient for 1 entrée.

SIR JOHN SEBRIGHT'S
BANTAMS.—Above all Bantams is
placed, the celebrated and beautiful
breed called Sir John Sebright's Silver
Bantams. This breed, which Sir John
brought to perfection after years of
careful trials, is very small, with
unfeathered legs, and a rose comb and
short hackles. The plumage is gold or
silver, spangled, every feather being of a
golden orange, or of a silver white, with
a glossy jet-black margin; the cocks
have the tail folded like that of a hen,
with the sickle feathers shortened
straight, or nearly so, and broader than
usual. The term hen-cocks is, in consequence, often applied to them; but although the sickle
feathers are thus modified, no bird possesses higher courage, or a more gallant carriage. The
attitude of the cock is, indeed, singularly proud; and he is often seen to bear himself so
haughtily, that his, thrown back as if in disdain, nearly touches the two upper feathers—
sickles they can scarcely be called—of his tail. Half-bred birds of this kind are not uncommon,
but birds of the pure breed are not to be obtained without trouble and expense; indeed, some
time ago, it was almost impossible to procure either a fowl or an egg. “The finest,” says
the writer whom we have consulted as to this breed, “we have ever seen, were in Sir John’s
poultry-yard, adjacent to Turnham-Green Common, in the byroad leading to Acton.”

FOWL A LA MAYONNAISE.

962. INGREDIENTS.—A cold roast fowl, Mayonnaise sauce No. 468, 4 or 5 young
lettuces, 4 hard-boiled eggs, a few water-cresses, endive.

Mode.—Cut the fowl into neat joints, lay them in a deep dish, piling them high in the
centre, sauce the fowl with Mayonnaise made by recipe No. 468, and garnish the dish
with young lettuces cut in halves, water-cresses, endive, and hard-boiled eggs: these
may be sliced in rings, or laid on the dish whole, cutting off at the bottom a piece of
the white, to make the egg stand. All kinds of cold meat and solid fish may be dressed
à la Mayonnaise, and make excellent luncheon or supper dishes. The sauce should not
be poured over the fowls until the moment of serving. Should a very large
Mayonnaise be required, use 2 fowls instead of 1, with an equal proportion of the
remaining ingredients.

Average cost, with one fowl, 3s. 6d.

Sufficient for a moderate-sized dish.

BLACK SPANISH.—The
real Spanish fowl is
recognized by its uniformly
black colour burnished with
tints of green; its peculiar
white face, and the large
development of its comb and
wattle. The hens are
excellent layers, and their
eggs are of a very large size.
They are, however, bad
nurses; consequently, their
eggs should be laid in the
nest of other varieties to be
hatched. “In purchasing
Spanish,” says an authority, “blue legs, the entire absence of white or coloured feathers in the
plumage, and a large, white face, with a very large high comb, which should be erect in the
cock, though pendent in the hens, should be insisted on.” The flesh of this fowl is esteemed;
but, from the smallness of its body when compared with that of the Dorking, it is not placed
on an equality with it for the table. Otherwise, however, they are profitable birds, and their
handsome carriage, and striking contrast of colour in the comb, face, and plumage, are a high
recommendation to them as kept fowls. For a town fowl, they are perhaps better adapted than
any other variety.

Seasonable from April
September.
FOWL PILLAU, based on M. Soyer's Recipe
(an Indian Dish).

963. INGREDIENTS.—1 lb. of rice, 2 oz. of butter, a fowl, 2 quarts of stock or good broth, 40 cardamum-seeds, ½ oz. of coriander-seed, ¼ oz. of cloves, ¼ oz. of allspice, ¼ oz. of mace, ¼ oz. of cinnamon, ½ oz. of peppercorns, 4 onions, 6 thin slices of bacon, 2 hard-boiled eggs.

Mode.—Well wash 1 lb. of the best Patna rice, put it into a frying-pan with the butter, which keep moving over a slow fire until the rice is lightly browned. Truss the fowl as for boiling, put it into a stewpan with the stock or broth; pound the spices and seeds thoroughly in a mortar, tie them in a piece of muslin, and put them in with the fowl. Let it boil slowly until it is nearly done; then add the rice, which should stew until quite tender and almost dry; cut the onions into slices, sprinkle them with flour, and fry, without breaking them, of a nice brown colour. Have ready the slices of bacon curled and grilled, and the eggs boiled hard. Lay the fowl in the form of a pyramid upon a dish, smother with the rice, garnish with the bacon, fried onions, and the hard-boiled eggs cut into quarters, and serve very hot. Before taking the rice out, remove the spices.

Time.—½ hour to stew the fowl without the rice; ½ hour with it.

Average cost, 4s. 3d. Sufficient for 4 or 5 persons.

Seasonable at any time.

THE SERAI TA-OOK, OR FOWLS OF THE SULTAN.—This fowl is the size of our English Polands, and is the latest species introduced to England. They have a white and flowing plumage, a full-sized, compact Poland tuft on the, are muffed, have a full flowing tail, short legs well feathered, and five toes upon each foot. Their comb consists merely of two little points, and their wattles are very small: their colour is that of a pure white. In January, 1854, they arrived in this country from Constantinople; and they take their name from sarai, the Turkish word for sultan's palace, and ta-ook, the Turkish for fowl. They are thus called the "fowls of the sultan," a name which has the twofold advantage of being the nearest to be found to that by which they have been known in their own country, and of designating the country whence they come. Their habits are described as being generally brisk and happy-tempered, but not so easily kept in as Cochin-Chinas. They are excellent layers; but they are non-sitters and small eaters: their eggs are large and white. Brahmas or Cochins will clear the crop of a grass-run long before they will, and, with scattered food, they soon satisfy themselves and walk away.
POULET AUX CRESSONS.

964. INGREDIENTS.—A fowl, a large bunch of water-cresses, 3 tablespoonfuls of vinegar, ¼ pint of gravy.

Mode.—Truss and roast a fowl by recipe No. 952, taking care that it is nicely frothed and brown. Wash and dry the water-cresses, pick them nicely, and arrange them in a flat layer on a dish. Sprinkle over a little salt and the above proportion of vinegar; place over these the fowl, and pour over it the gravy. A little gravy should be served in a tureen. When not liked, the vinegar may be omitted.

Time.—From ½ to 1 hour, according to size.

Average cost, in full season, 2s. 6d. each.

Sufficient for 3 or 4 persons.

Seasonable at any time.

ROAST FOWL, Stuffed.

965. INGREDIENTS.—A large fowl, forcemeat No. 417, a little flour.

Mode.—Select a large plump fowl, fill the breast with forcemeat, made by recipe No. 417, truss it firmly, the same as for a plain roast fowl, dredge it with flour, and put it down to a bright fire. Roast it for nearly or quite an hour, should it be very large; remove the skewers, and serve with a good brown gravy and a tureen of bread sauce.

Time.—Large fowl, nearly or quite 1 hour.

Average cost, in full season, 2s. 6d. each.

Sufficient for 4 or 5 persons.

Seasonable all the year, but scarce in early spring.

Note.—Sausage-meat stuffing may be substituted for the above: this is now a very general mode of serving fowl.

PENCILLED HAMBURG.—
This variety of the Hamburg fowl is of two colours, golden and silver, and is very minutely marked. The hens of both should have the body clearly pencilled across with several bars of black, and the hackle in both, sexes should be perfectly free from dark marks. The cocks do not exhibit the pencillings, but are white or brown in the golden or silver
birds respectively. Their form is compact, and their attitudes graceful and sprightly. The hens do not sit, but lay extremely well; hence one of their common names, that of Dutch every-day layers. They are also known in different parts of the country, as Chitteprats, Creoles, or Corals, Bolton bays and grays, and, in some parts of Yorkshire, by the wrong name of Corsican fowls. They are imported in large numbers from Holland, but those bred in this country are greatly superior in size.

**GIBLET PIE.**

966. INGREDIENTS.—A set of duck or goose giblets, 1 lb. of rump-steak, 1 onion, ½ teaspoonful of whole black pepper, a bunch of savoury herbs, plain crust.

*Mode.*—Clean, and put the giblets into a stewpan with an onion, whole pepper, and a bunch of savoury herbs; add rather more than a pint of water, and simmer gently for about 1½ hour. Take them out, let them cool, and cut them into pieces; line the bottom of a pie-dish with a few pieces of rump-steak; add a layer of giblets and a few more pieces of steak; season with pepper and salt, and pour in the gravy (which should be strained), that the giblets were stewed in; cover with a plain crust, and bake for rather more than 1½ hour in a brisk oven. Cover a piece of paper over the pie, to prevent the crust taking too much colour.

*Time.*—1½ hour to stew the giblets, about 1 hour to bake the pie.

*Average cost,* exclusive of the giblets, 1s. 4d.

*Sufficient* for 5 or 6 persons.

**THE BRENT GOOSE.**—This is the smallest and most numerous species of the geese which visit the British islands. It makes its appearance in winter, and ranges over the whole of the coasts and estuaries frequented by other migrant geese. Mr. Selby states that a very large body of these birds annually resort to the extensive sandy and muddy flats which lie between the mainland and Holy Island, on the Northumbrian coast, and which are covered by every flow of the tide. This part of the coast appears to have been a favourite resort of these birds from time immemorial, where they have always received the name of Ware geese, no doubt from their continually feeding on marine vegetables. Their flesh is very agreeable.

**HASHED GOOSE.**

967. INGREDIENTS.—The remains of cold roast goose, 2 onions, 2 oz. of butter, 1 pint of boiling water, 1 dessertspoonful of flour, pepper and salt to taste, 1 tablespoonful of port wine, 2 tablespoonfuls of mushroom ketchup.

*Mode.*—Cut up the goose into pieces of the size required; the inferior joints, trimmings, &c., put into a stewpan to make the gravy; slice and fry the onions in the butter of a very pale brown; add these to the trimmings, and pour over about a pint of boiling water; stew these gently for ¾ hour, then skim and strain the liquor. Thicken it with flour, and flavour with port wine and ketchup, in the above proportion; add a seasoning of pepper and salt, and put in the pieces of goose; let these get thoroughly hot through, but do not allow them to boil, and serve with sippets of toasted bread.

*Time.*—Altogether, rather more than 1 hour.
Average cost, exclusive of the cold goose, 4d.

Seasonable from September to March.

THE WILD GOOSE.—This bird is sometimes called the "Gray-lag" and is the original of the domestic goose. It is, according to Pennant, the only species which the Britons could take young, and familiarize. "The Gray-lag," says Mr. Gould, "is known to Persia, and we believe it is generally dispersed over Asia Minor." It is the bird that saved the Capitol by its vigilance, and by the Romans was cherished accordingly.

ROAST GOOSE.

968. INGREDIENTS.—Goose, 4 large onions, 10 sage-leaves, ¼ lb. of bread crumbs, 1-½ oz. of butter, salt and pepper to taste, 1 egg.

Choosing and Trussing.—Select a goose with a clean white skin, plump breast, and yellow feet: if these latter are red, the bird is old. Should the weather permit, let it hang for a few days: by so doing, the flavour will be very much improved. Pluck, singe, draw, and carefully wash and wipe the goose; cut off the neck close to the back, leaving the skin long enough to turn over; cut off the feet at the first joint, and separate the pinions at the first joint. Beat the breast-bone flat with a rolling-pin, put a skewer through the under part of each wing, and having drawn up the legs closely, put a skewer into the middle of each, and pass the same quite through the body. Insert another skewer into the small of the leg, bring it close down to the side bone, run it through, and do the same to the other side. Now cut off the end of the vent, and make a hole in the skin sufficiently large for the passage of the rump, in order to keep in the seasoning.

Mode.—Make a sage-and-onion stuffing of the above ingredients, by recipe No. 504; put it into the body of the goose, and secure it firmly at both ends, by passing the rump through the hole made in the skin, and the other end by tying the skin of the neck to the back; by this means the seasoning will not escape. Put it down to a brisk fire, keep it well basted, and roast from 1-½ to 2 hours, according to the size. Remove the skewers, and serve with a tureen of good gravy, and one of well-made apple-sauce. Should a very highly-flavoured seasoning be preferred, the onions should not be parboiled, but minced raw: of the two methods, the mild seasoning is far superior. A ragoût, or pie, should be made of the giblets, or they may be stewed down to make gravy. Be careful to serve the goose before the breast falls, or its appearance will be spoiled by coming flattened to table. As this is rather a troublesome joint to carve, a large quantity of gravy should not be poured round the goose, but sent in a tureen.

Time.—A large goose, 1-¾ hour; a moderate-sized one, 1-¼ to 1-½ hour.

Seasonable from September to March; but in perfection from Michaelmas to Christmas.
Average cost, 5s. 6d. each. Sufficient for 8 or 9 persons.

Note.—A teaspoonful of made mustard, a saltspoonful of salt, a few grains of cayenne, mixed with a glass of port wine, are sometimes poured into the goose by a slit made in the apron. This sauce is, by many persons, considered an improvement.

THE GOOSE.—This bird is pretty generally distributed over the face of the globe, being met with in North America, Lapland, Iceland, Arabia, and Persia. Its varieties are numerous; but in England there is only one species, which is supposed to be a native breed. The best geese are found on the borders of Suffolk, and in Norfolk and Berkshire; but the largest flocks are reared in the fens of Lincolnshire and Cambridge. They thrive best where they have an easy access to water, and large herds of them are sent every year to London, to be fattened by the metropolitan poulterers. "A Michaelmas goose," says Dr. Kitchener, "is as famous in the mouths of the million as the minced-pie at Christmas; yet for those who eat with delicacy, it is, at that time, too full-grown. The true period when the goose is in the highest perfection is when it has just acquired its full growth, and not begun to harden; if the March goose is insipid, the Michaelmas goose is rank. The fine time is between both; from the second week in June to the first in September." It is said that the Michaelmas goose is indebted to Queen Elizabeth for its origin on the table at that season. Her majesty happened to dine on one at the table of an English baronet, when she received the news of the discomfiture of the Spanish Armada. In commemoration of this event, she commanded the goose to make its appearance at table on every Michaelmas. We here give an engraving of the Emden goose.

TO DRESS A GREEN GOOSE.

969. INGREDIENTS.—Goose, 3 oz. of butter, pepper and salt to taste.

Mode.—Geese are called green till they are about four months old, and should not be stuffed. After it has been singed and trussed, the same as in the preceding recipe, put into the body a seasoning of pepper and salt, and the butter to moisten it inside. Roast before a clear fire for about ¾ hour, froth and brown it nicely, and serve with a brown gravy, and, when liked, gooseberry-sauce. This dish should be garnished with watercresses.
THE BOOK OF HOUSEHOLD MANAGEMENT

Time.—About ¾ hour. Average cost, 4s. 6d. each.

Sufficient for 5 or 6 persons.

Seasonable in June, July, and August.

THE EGYPTIAN GOOSE.—
Especial attention has been directed to this bird by Herodotus, who says it was held sacred by the ancient Egyptians, which has been partially confirmed by modern travellers. Mr. Salt remarks, "Horus Apollo says the old geese stay with their young in the most imminent danger, at the risk of their own lives, which I have myself frequently witnessed. Vielpanser is the goose of the Nile, and wherever this goose is represented on the walls of the temples in colours, the resemblance may be clearly traced." The goose is also said to have been a bird under the care of Isis. It has been placed by Mr. Gould amongst the birds of Europe; not from the number of half-reclaimed individuals which are annually shot in Britain, but from the circumstance of its occasionally visiting the southern parts of the continent from its native country, Africa. The Toulouse goose, of which we give an engraving, is a well-known bird.

ROAST GUINEA-FOWL, Larded.

970. INGREDIENTS.—A Guinea-fowl, lardoons, flour, and salt.

Mode.—When this bird is larded, it should be trussed the same as a pheasant; if plainly roasted, truss it like a turkey. After larding and trussing it, put it down to roast at a brisk fire; keep it well basted, and a short time before serving, dredge it with a little flour, and let it froth nicely. Serve with a little gravy in the dish, and a tureen of the same, and one of well-made bread-sauce.

Time.—Guinea-fowl, larded, 1-¼ hour; plainly roasted, about 1 hour.

Sufficient for 6 persons.

Seasonable in winter.

Note.—The breast, if larded, should be covered with a piece of paper, and removed about 10 minutes before serving.

THE GUINEA-FOWL.—The bird takes its name from Guinea, in Africa, where it is found—wild, and in great abundance. It is gregarious in its habits, associating in flocks of two or three hundred, delighting in marshy grounds, and at night perching upon trees, or
on high situations. Its size is about the same as that of a common hen, but it stands higher on its legs. Though domesticated, it retains much of its wild nature, and is apt to wander. The hens lay abundantly, and the eggs are excellent. In their flesh, however, they are not so white as the common fowl, but more inclined to the colour of the pheasant, for which it frequently makes a good substitute at table. The flesh is both savoury and easy of digestion, and is in season when game is out of season.

LARK PIE
(an Entree).

971. INGREDIENTS.—A few thin slices of beef, the same of bacon, 9 larks, flour; for stuffing, 1 teacupful of bread crumbs, ½ teaspoonful of minced lemon-peel, 1 teaspoonful of minced parsley, 1 egg, salt and pepper to taste, 1 teaspoonful of chopped shalot, ½ pint of weak stock or water, puff-paste.

Mode.—Make a stuffing of bread crumbs, minced lemon-peel, parsley, and the yolk of an egg, all of which should be well mixed together; roll the larks in flour, and stuff them. Line the bottom of a pie-dish with a few slices of beef and bacon; over these place the larks, and season with salt, pepper, minced parsley, and chopped shalot, in the above proportion. Pour in the stock or water, cover with crust, and bake for an hour in a moderate oven. During the time the pie is baking, shake it 2 or 3 times, to assist in thickening the gravy, and serve very hot.

Time.—1 hour. Average cost, 1s. 6d. a dozen.

Sufficient for 5 or 6 persons.

Seasonable.—In full season in November.

ROAST LARKS.

972. INGREDIENTS.—Larks, egg and bread crumbs, fresh butter.

Mode.—These birds are by many persons esteemed a great delicacy, and may be either roasted or broiled. Pick, gut, and clean them; when they are trussed, brush them over with the yolk of an egg; sprinkle with bread crumbs, and roast them before a quick fire; baste them continually with fresh butter, and keep sprinkling with the bread crumbs until the birds are well covered. Dish them on bread crumbs fried in clarified butter, and garnish the dish with slices of lemon. Broiled larks are also very excellent: they should be cooked over a clear fire, and would take about 10 minutes or ¼ hour.

Time.—¼ hour to roast; 10 minutes to broil.

Seasonable.—In full season in November.

Note.—Larks may also be plainly roasted, without covering them with egg and bread crumbs; they should be dished on fried crumbs.
BROILED PIGEONS.

973. INGREDIENTS.—Pigeons, 3 oz. of butter, pepper and salt to taste.

Mode.—Take care that the pigeons are quite fresh, and carefully pluck, draw, and wash them; split the backs, rub the birds over with butter, season them with pepper and salt, and broil them over a moderate fire for ¼ hour or 20 minutes. Serve very hot, with either mushroom-sauce or a good gravy. Pigeons may also be plainly boiled, and served with parsley and butter; they should be trussed like boiled fowls, and take from ¼ hour to 20 minutes to boil.

Time.—To broil a pigeon, from ¼ hour to 20 minutes; to boil one, the same time.

Average cost, from 6d. to 9d. each.

Seasonable from April to September, but in the greatest perfection from midsummer to Michaelmas.

THE POUTER PIGEON.—This is a very favourite pigeon, and, without doubt, the most curious of his species. He is a tall strong bird, as he had need be to carry about his great inflated crop, frequently as large and as round as a middling-sized turnip. A perfect pouter, seen on a windy day, is certainly a ludicrous sight: his feathered legs have the appearance of white trousers; his tapering tail looks like a swallow-tailed coat; his is entirely concealed by his immense windy protuberance; and, altogether, he reminds you of a little "swell" of a past century, staggering under a bale of linen. The most common pouters are the blues, buffs, and whites, or an intermixture of all these various colours. The pouter is not a prolific breeder, is a bad nurse, and more likely to degenerate, if not repeatedly crossed and re-crossed with Irish stock, than any other pigeon: nevertheless, it is a useful bird to keep if you are founding a new colony, as it is much attached to its home, and little apt to stray; consequently it is calculated to induce more restless birds to fettle down and make themselves comfortable. If you wish to breed pouters, you cannot do worse than intrust them with the care of their own eggs.

ROAST PIGEONS.

974. INGREDIENTS.—Pigeons, 3 oz. of butter, pepper and salt to taste.

Trussing.—Pigeons, to be good, should be eaten fresh (if kept a little, the flavour goes off), and they should be drawn as soon as killed. Cut off the heads and necks, truss the wings over the backs, and cut off the toes at the first joint: previous to trussing, they should be carefully cleaned, as no bird requires so much washing.

Mode.—Wipe the birds very dry, season them inside with pepper and salt, and put about ¾ oz. of butter into the body of each:
this makes them moist. Put them down to a bright fire, and baste them well the whole
of the time they are cooking (they will be done enough in from 20 to 30 minutes);
garnish with fried parsley, and serve with a tureen of parsley and butter. Bread-sauce
and gravy, the same as for roast fowl, are exceedingly nice accompaniments to roast
pigeons, as also egg-sauce.

Time.—From 20 minutes to ½ hour. Average cost, 6d. to 9d. each.

Seasonable from April to September; but in the greatest perfection from Midsummer
to Michaelmas.

THE PIGEON—The pigeon tribe forms a connecting ling between the passerine birds and
poultry. They are widely distributed over the world, some of the species being found even in
the arctic regions. Their chief food is grain, and they drink much; not at intervals, like other
birds, but by a continuous draught, like quadrupeds. The wild pigeon, or stockdove, is the
parent whence all the varieties of the domestic pigeon are derived. In the wild state it is still
found in many parts of this island, making its nest in the holes of rocks, in the hollows of
trees, or in old towers, but never, like the ringdove, on branches. The blue house-pigeon is the
variety principally reared for the table in this country, and is produced from our farmyards in
great numbers. When young, and still fed by their parents, they are most preferable for the
table, and are called *squabs*; under six months they are denominated *squeakers*, and at six
months they begin to breed. Their flesh is accounted savoury, delicate, and stimulating, and
the dark-coloured birds are considered to have the highest flavour, whilst the light are
esteemed to have the more delicate flesh.

THE PIGEON-HOUSE, OR DOVECOT.—The first thing to be done towards keeping
pigeons is to provide a commodious place for their reception; and the next is, to provide the
pigeons themselves. The situation or size of the dovecot will necessarily depend on
convenience; but there is one point which must invariably be observed, and that is, that every
pair of pigeons has two holes or rooms to nest in. This is indispensable, as, without it, there
will be no security, but the constant prospect of confusion, breaking of eggs, and the
destruction of young. The proper place for the pigeon-house is the poultry-yard; but it does
very well near dwellings, stables, brewhouses, bakehouses, or such offices. Some persons
keep pigeons in rooms, and have them making their nests on the floor. The object is to escape
the danger of the young falling out; but in such cases, there is a great risk of rats or other
vermin getting at the pigeons.

ASPECT OF THE PIGEON-HOUSE.—The front of the pigeon-house should have a
southwest aspect, and, if a room be selected for the purpose, it is usual to break a hole in the
roof of the building for the passage of the pigeons, but which can be closed at convenience. A
platform ought to be laid at the entrance for the pigeons to perch upon, with some kind of
defence against strange cats, which will frequently depopulate a whole dovecot. Yet, although
cats are dangerous neighbours for the birds, they are necessary to defend them from the
approach of rats and mice, which will not only suck the eggs, but destroy the birds. The
platform should be painted white, and renewed as the paint wears off, white being a favourite
colour with pigeons, and also most conspicuous as a mark to enable them to find their house.
The boxes ought also to be similarly painted, and renewed when necessary, for which purpose
lime and water will do very well.

THE NECESSITY OF CLEANLINESS.—As cleanliness in human habitations is of the first
importance, so is it in the pigeon-house. There the want of it will soon render the place a
nuisance not to be approached, and the birds, both young and old, will be so covered with
vermin and filth, that they will neither enjoy health nor comforts, whilst early mortality
amongst them will be almost certain. In some cases, the pigeon-house is cleaned daily; but it
should always be done, at any rate, once a week, and the floor covered with sifted gravel,
frequently renewed. Pigeons being exceedingly fond of water, and having a prescience of the
coming of rain, they may be seen upon the house-tops waiting upon it until late in the evening,
and then spreading their wings to receive the luxury of the refreshing shower. When they are
confined in a room, therefore, they should be allowed a wide pan of water, to be often
renewed. This serves them for a bath, which cools, refreshes, and assists them to keep their
bodies clear of vermin.

BREEDING PIGEONS.—In breeding pigeons, it is necessary to match a cock and hen, and
shut them up together, or place them near to each other, and in the course of a day or two there
is little doubt of their mating. Various rules have been laid down for the purpose of assisting to
distinguish the cock from the hen pigeon; but the masculine forwardness and action of the
cock is generally so remarkable, that he is easily ascertained. The pigeon being monogamous,
the male attaches and confines himself to one female, and the attachment is reciprocal, and the
fidelity of the dove to its mate is proverbial. At the age of six months, young pigeons are
termed squeakers, and then begin to breed, when properly managed. Their courtship, and the
well-known tone of voice in the cock, just then acquired and commencing, are indications of
their approaching union. Nestlings, while fed by cock and hen, are termed squabs, and are, at
that age, sold and used for the table. The dove-house pigeon is said to breed monthly, when
well supplied with food. At all events, it may be depended on, that pigeons of almost any
healthy and well-established variety will breed eight or nine times in the year; whence it may
readily be conceived how vast are the numbers that may be raised.

THE CARRIER PIGEON.—Without doubt
the carrier is entitled to rank first in the
pigeon family, with the exception, perhaps,
of the blue-rock pigeons. No domestic fowl
can be traced to so remote an antiquity.
When Greece was in its glory, carrier
pigeons were used to convey to distant parts
the names of the victors at the Olympian
games. During the holy war, when Acre
was besieged by King Richard, Saladin
habitually corresponded with the besieged
by means of carrier pigeons. A shaft from
an English crossbow, however, happened to
bring one of those feathered messengers to
the ground, and the stratagem was discovered, the design of the Saracens revealed, and so
turned against the designers, that Acre was in the hands of the Christians before the wily
Saladin dreamt of such a thing.

PIGEON PIE
(Epsom Grand-Stand Recipe).

975. INGREDIENTS.—1-½ lb. of rump-steak, 2 or 3 pigeons, 3 slices of ham, pepper
and salt to taste, 2 oz. of butter, 4 eggs, puff crust.

Mode.—Cut the steak into pieces about 3 inches square, and with it line the bottom of
a pie-dish, seasoning it well with pepper and salt. Clean the pigeons, rub them with
pepper and salt inside and out, and put into the body of each rather more than ½ oz. of
butter; lay them on the steak, and a piece of ham on each pigeon. Add the yolks of 4
eggs, and half fill the dish with stock; place a border of puff paste round the edge of
the dish, put on the cover, and ornament it in any way that may be preferred. Clean
three of the feet, and place them in a hole made in the crust at the top: this shows what
kind of pie it is. Glaze the crust,—that is to say, brush it over with the yolk of an
egg,—and bake it in a well-heated oven for about 1-¼ hour. When liked, a seasoning
of pounded mace may be added.

Time.—1-¼ hour, or rather less. Average cost, 5s. 3d.
Sufficient for 5 or 6 persons. Seasonable at any time.

TUMBLER PIGEONS.—The smaller the size of this variety, the greater its value. The should be round and smooth, the neck thin, and the tail similar to that of the turbit. Highly-bred birds of this variety will attain an elevation in their flight beyond that of any other pigeons; and it is in seeing these little birds wing themselves so far into the skies that the fanciers take such delight. For four or five hours tumblers have been known to keep on the wing; and it is when they are almost lost to the power of human vision that they exhibit those pantomimic feats which give them their name, and which are marked by a tumbling over-and-over process, which suggests the idea of their having suddenly become giddy, been deprived of their self-control, or overtaken by some calamity. This acrobatic propensity in these pigeons has been ascribed by some to the absence of a proper power in the tail; but is nothing more than a natural habit, for which no adequate reason can be assigned. Of this variety, the Almond Tumbler is the most beautiful; and the greater the variation of the colour in the flight and tail, the greater their value.

THE RUNT PIGEON.—This is generally esteemed among the largest of the pigeon varieties, and being possessed of proportionate strength, with a strong propensity to exercise it, they keep the dovecot in a state of almost continual commotion by domineering over the weaker inmates. They breed tolerably well, however, and are valuable for the table. There is both the Leghorn and the Spanish Runt, variously plumaged; but when red, white, or black mottled, are most highly esteemed. One of the great advantages connected with the Runt is, that he is not likely to fly away from home. Being heavy birds, they find it difficult, when well fed, to mount even to a low housetop. Again, they require no loft, or special dwelling-place, but, if properly tended, will be perfectly satisfied, and thrive as well, in a rabbit-hutch as any where. Their flavour is very good; and it is not an uncommon thing for a squeaker Runt to exceed a pound and a quarter in weight.

THE NUN PIGEON.—The Tumbler bears a strong resemblance to this variety, which is characterized by a tuft of feathers rising from the back of the , and which, on the whole, is an extremely pretty little bird. According to the colour of the , it is called the red, black, or yellow-headed Nun. To be a perfect bird, it should have a small and beak; and the larger the tuft at the back of his , the handsomer the bird is esteemed, and proportionately valuable
THE TRUMPETER PIGEON.—

From the circumstance of this bird imitating the sound of a trumpet, instead of cooing, like other pigeons, it has received its designation. It is of the middle size, having its legs and feet covered with feathers, and its plumage generally of a mottled black-and-white. It has a tuft springing from the root of its beak, and the larger this topknot is, the higher the estimation in which the breed is held. In their powers of trumpeting some are more expert than others; and whether this has any effect in influencing their own estimate of themselves, we cannot say; but they are rather select in the choice of their company. If two of them are put in a pigeon-house with other doves, it will be found that they confine their association almost entirely to each other. As much as two guineas have been paid for a well-trained docile bird of this kind.

THE WOOD, OR WILD PIGEON.—Buffon enumerates upwards of thirty varieties of the pigeon, which he derives from one root,—viz. the stockdove, or common wild pigeon. All the varieties of colour and form which we witness, he attributes to human contrivance and fancy. Nevertheless, there exist essentially specific differences in these birds, which would appear to be attributable rather to the nature of the region, soil, and climate to which they are indigenous, than to the art and ingenuity of man. The stockdove, in its wild state, is still found in some parts of Britain, forming its nest in the holes of rocks, old towers, and in the hollows of trees; it never, however, like the ringdove, nestles in the branches. Multitudes of wild pigeons still visit our shores in the winter, coming from their more northerly retreats, making their appearance about November, and retiring again in the spring. When forests of beechwood covered large tracts of the ground of this country, these birds used to haunt them in myriads, frequently covering a mile of ground in extent when they went out in the morning to feed.

STEWED PIGEONS.

976. INGREDIENTS.—6 pigeons, a few slices of bacon, 3 oz. of butter, 2 tablespoonfuls of minced parsley, sufficient stock No. 104 to cover the pigeons, thickening of butter and flour, 1 tablespoonful of mushroom ketchup, 1 tablespoonful of port wine.

Mode.—Empty and clean the pigeons thoroughly, mince the livers, add to these the parsley and butter, and put it into the insides of the birds. Truss them with the legs inward, and put them into a stewpan, with a few slices of bacon placed under and over
them; add the stock, and stew gently for rather more than ½ hour. Dish the pigeons, strain the gravy, thicken it with butter and flour, add the ketchup and port wine, give one boil, pour over the pigeons, and serve.

*Time.*—Rather more than ½ hour. *Average cost, 6d. to 9d. each.*

*Sufficient* for 4 or 5 persons.

*Seasonable* from April to September.

THE FANTAIL PIGEON.—This curious variety is inferior in point of size to most of the other varieties, and is characterized by having a short, slender bill, pendent wings, and naked legs and feet. It has the power of erecting its tail in the manner of a turkey-cock; during which action, especially when paying court to its mate, it trembles or shakes, like the peacock when moving about with his train expanded and in full display. This power of erecting and spreading the tail is not confined to the male bird alone: the female possesses the same power to an equal extent, and otherwise resembles the male in every respect. It is not very prolific, and seldom succeeds so well in the aviary or pigeon-house as most of the other kinds.

THE JACOBIN PIGEON.—This variety, having the power to transmit to posterity a form precisely similar, with all its peculiar characters undiminished, is, among pigeon-fanciers, designated as of a pure or permanent race. It is distinguished by a remarkable ruff or frill of raised feathers, which, commencing behind the head and proceeding down the neck and breast, forms a kind of hood, not unlike that worn by a monk. From this circumstance, it has obtained its Gallic name of nonnain capuchin. In size it is one of the smallest of the domestic pigeons, and its form is light and elegant. It is a very productive species, and, having its flight considerably impeded by the size and form of its hooded frill, keeps much at home, and is well adapted for the aviary or other buildings where pigeons are confined.

THE TURBIT PIGEON.—This variety bears a strong resemblance to the Jacobin, having a kind of frill in the fore part of its neck, occasioned by the breast-feathers lying contrariwise and standing straight out. The species is classed in accordance with the colour of the shoulders, similarly as the Nuns are by the colour of their heads. Their characteristics of
excellence are a full frill, short bill, and small round. In Germany it is called the ruffle pigeon, in allusion to the feathers on its breast; and it has rarely any feathers on its feet. There is a peculiarity connected with this bird, which somewhat lowers it in the estimation of fanciers: it seldom rears more than one at a time, which, therefore, marks it as a bird rather for amusement than profit.

THE BARB PIGEON.—The name of this variety is a contraction of Barbery, from which country it originally comes. It is both prolific and has excellent qualities as a nurse. The kind most esteemed is that of one uniform colour, that of blue-black being preferable to any other. Speckled or mottled Barbs are esteemed the most common of all pigeons. It is not unlike the Carrier pigeon, and, at a small distance, might easily be mistaken for the latter. It has a short beak and a small wattle. A spongy, pinky skin round the eyes is its chief characteristic, however, and this increases in size till the bird is three or four years old. This peculiarity is hardly distinguishable in very young birds.

THE ROCK PIGEON.—This variety, in its wild state, is found upon the rocky parts of the west of Scotland, and the bold shores of the Western Isles, more abundant than in any other parts of the British islands. As the shores of the mainland are exposed to the muds of the Atlantic, and the comparatively small islands are surrounded by that ocean, the low grounds exposed to the west are seldom covered with snow for any length of time, and thus the birds easily find a supply of food. The numbers which there congregate are often very great, and the din of their united cry is sometimes very loud and even alarming. The love of home and the certainty of returning to it is very conspicuous in the rock-pigeon or biset, as it is called by the French. Flocks from different parts of the coasts often meet on the feeding-grounds; but when the time of returning to rest comes round, each one keeps to its own party.

THE OWL PIGEON.—This pigeon does not seem to be so well known as it formerly was, if we may judge from the fact that few modern writers mention it. Like the Turbit pigeon, the Owl has a remarkable tuft of feathers on the breast, it having been compared by some to the frill of a shirt, and by others to a full-blown white rose. In size, it is not quite so large a pigeon as the Jacobin. It is said to be preferred in France, above other varieties, as a bird to rear and kill for the table. In England it is very far from being common; indeed, we have applied to several keepers of pigeons, who have fancied themselves acquainted with all the varieties of this bird, and they have been able to tell us nothing of it. Mr. Harrison Weir, our artist, however, has made his portrait from the life.
BOILED RABBIT.

977. INGREDIENTS.—Rabbit; water.

Mode.—For boiling, choose rabbits with smooth and sharp claws, as that denotes they are young: should these be blunt and rugged, the ears dry and tough, the animal is old. After emptying and skinning it, wash it well in cold water, and let it soak for about ¼ hour in warm water, to draw out the blood. Bring the round to the side, and fasten it there by means of a skewer run through that and the body. Put the rabbit into sufficient hot water to cover it, let it boil very gently until tender, which will be in from ½ to ¾ hour, according to its size and age. Dish it, and smother it either with onion, mushroom, or liver sauce, or parsley-and-butter; the former is, however, generally preferred to any of the last-named sauces. When liver-sauce is preferred, the liver should be boiled for a few minutes, and minced very finely, or rubbed through a sieve before it is added to the sauce.

Time.—A very young rabbit, ½ hour; a large one, ¾ hour; an old one, 1 hour or longer.

Average cost, from 1s. to 1s. 6d. each.

Sufficient for 4 persons.

Seasonable from September to February.

THE RABBIT.—Though this animal is an inhabitant of most temperate climates, it does not reach so far north as the hare. The wild rabbit is a native of Great Britain, and is found in large numbers in the sandy districts of Norfolk and Cambridgeshire. Its flesh is, by some, considered to have a higher flavour than that of the tame rabbit, although it is neither so white nor so delicate. The animal, however, becomes larger and fatter in the tame than in the wild state; but it is not desirable to have it so fat as it can be made.

CURRIED RABBIT.

978. INGREDIENTS.—1 rabbit, 2 oz. of butter, 3 onions, 1 pint of stock No. 104, 1 tablespoonful of curry powder, 1 tablespoonful of flour, 1 teaspoonful of mushroom powder, the juice of ½ lemon, ½ lb. of rice.

Mode.—Empty, skin, and wash the rabbit thoroughly, and cut it neatly into joints. Put it into a stewpan with the butter and sliced onions, and let them acquire a nice brown colour, but do not allow them to blacken. Pour in the stock, which should be boiling; mix the curry powder and flour smoothly with a little water, add it to the stock, with the mushroom powder, and simmer gently for rather more than ½ hour; squeeze in the lemon-juice, and serve in the centre of a dish, with an edging of boiled rice all round. Where economy is studied, water may be substituted for the stock; in this case, the meat and onions must be very nicely browned. A little sour apple and rasped cocoa-nut stewed with the curry will be found a great improvement.
THE COMMON OR WILD RABBIT.—Warrens, or inclosures, are frequently made in favourable localities, and some of them are so large as to comprise 2,000 acres. The common wild rabbit is of a grey colour, and is esteemed the best for the purposes of food. Its skin is valuable as an article of commerce, being used for the making of hats. Another variety of the rabbit, however, called the "silver-grey," has been lately introduced to this country, and is still more valuable. Its colour is a black ground, thickly interspersed with grey hairs; and its powers as a destroyer and consumer of vegetable food are well known to be enormous, especially by those who have gardens in the vicinity of a rabbit-warren.

FRIED RABBIT.

979. INGREDIENTS.—1 rabbit, flour, dripping, 1 oz. of butter, 1 teaspoonful of minced shalot, 2 tablespoonfuls of mushroom ketchup.

Mode.—Cut the rabbit into neat joints, and flour them well; make the dripping boiling in a fryingpan, put in the rabbit, and fry it a nice brown. Have ready a very hot dish, put in the butter, shalot, and ketchup; arrange the rabbit pyramidically on this, and serve as quickly as possible.

Time.—10 minutes. Average cost, from 1s. to 1s. 6d. each.

Sufficient for 4 or 5 persons.

Seasonable from September to February.

Note.—The rabbit may be brushed over with egg, and sprinkled with bread crumbs, and fried as above. When cooked in this manner, make a gravy in the pan by recipe No. 866, and pour it round, but not over, the pieces of rabbit.

VARIETIES IN RABBITS.—Almost everybody knows that a rabbit is a furry animal, that lives on plants, and burrows in the ground; that it has its varieties as well as other animals, and that it is frequently an especial favourite with boys. Among its varieties, the short-legged, with width and substance of loin, is the most hardy, and fattens the most expeditiously. It has, besides, the soundest liver, rabbits generally being subject to defects of that part. It is also the smallest variety. There is a very large species of the hare-colour, having much bone, length and depth of carcase, large and long ears, with full eyes, resembling those of the hare: it might readily be taken for a hybrid or mule, but for the objection to its breeding. Its flesh is high-
coloured, substantial, and more savoury than that of the common rabbit; and, cooked like the hare, it makes a good dish. The large white, and yellow and white species, have whiter and more delicate flesh, and, cooked in the same way, will rival the turkey. Rabbits are divided into four kinds, distinguished as warreners, parkers, hedgehogs, and sweethearts. The warrener, as his name implies, is a member of a subterranean community, and is less effeminate than his kindred who dwell upon the earth and have "the world at their will." and his fur is the most esteemed. After him, comes the parker, whose favourite resort is a gentleman's pleasure-ground, where he usually breeds in great numbers, and from which he frequently drives away the hares. The hedgehog is a sort of vagabond rabbit, that, tinker like, roams about the country, and would have a much better coat on his back if he was more settled in his habits, and remained more at home. The sweetheart is a tame rabbit, with its fur so sleek, soft, and silky, that it is also used to some extent in the important branch of hat-making.

**RABBIT A LA MINUTE.**

980. **INGREDIENTS.**—1 rabbit, ¼ lb. of butter, salt and pepper to taste, 2 blades of pounded mace, 3 dried mushrooms, 2 tablespoonfuls of minced parsley, 2 teaspoonfuls of flour, 2 glasses of sherry, 1 pint of water.

**Mode.**—Empty, skin, and wash the rabbit thoroughly, and cut it into joints. Put the butter into a stewpan with the pieces of rabbit; add salt, pepper, and pounded mace, and let it cook until three parts done; then put in the remaining ingredients, and boil for about 10 minutes: it will then be ready to serve. Fowls or hare may be dressed in the same manner.

**Time.**—Altogether, 35 minutes. **Average cost**, from 1s. to 1s. 6d. each.

**Sufficient** for 4 or 5 persons.

**Seasonable** from September to February.

**RABBIT PIE.**

981. **INGREDIENTS.**—1 rabbit, a few slices of ham, salt and white pepper to taste, 2 blades of pounded mace, ½ teaspoonful of grated nutmeg, a few forcemeat balls, 3 hard-boiled eggs, ½ pint of gravy, puff crust.

**Mode.**—Cut up the rabbit (which should be young), remove the breastbone, and bone the legs. Put the rabbit, slices of ham, forcemeat balls, and hard eggs, by turns, in layers, and season each layer with pepper, salt, pounded mace, and grated nutmeg. Pour in about ½ pint of water, cover with crust, and bake in a well-heated oven for about 1½ hour. Should the crust acquire too much colour, place a piece of paper over it to prevent its burning. When done, pour in at the top, by means of the hole in the middle of the crust, a little good gravy, which may be made of the breast—and leg-bones of the rabbit and 2 or 3 shank-bones, flavoured with onion, herbs, and spices.

**Time.**—1½ hour. **Average cost**, from 1s. to 1s. 6d. each.

**Sufficient** for 5 or 6 persons.
Seasonable from September to February.

Note.—The liver of the rabbit may be boiled, minced, and mixed with the forcemeat balls, when the flavour is liked.

FECUNDITY OF THE RABBIT.—The fruitfulness of this animal has been the subject of wonder to all naturalists. It breeds seven times in the year, and generally begets seven or eight young ones at a time. If we suppose this to happen regularly for a period of four years, the progeny that would spring from a single pair would amount to more than a million. As the rabbit, however, has many enemies, it can never be permitted to increase in numbers to such an extent as to prove injurious to mankind; for it not only furnishes man with an article of food, but is, by carnivorous animals of every description, mercilessly sacrificed. Notwithstanding this, however, in the time of the Roman power, they once infested the Balearic islands to such an extent, that the inhabitants were obliged to implore the assistance of a military force from Augustus to exterminate them.

RAGOUT OF RABBIT OR HARE.

982. INGREDIENTS.—1 rabbit, 3 teaspoonfuls of flour, 3 sliced onions, 2 oz. of butter, a few thin slices of bacon, pepper and salt to taste, 2 slices of lemon, 1 bay-leaf, 1 glass of port wine.

Mode.—Slice the onions, and put them into a stewpan with the flour and butter; place the pan near the fire, stir well as the butter melts, till the onions become a rich brown colour, and add, by degrees, a little water or gravy till the mixture is of the consistency of cream. Cut some thin slices of bacon; lay in these with the rabbit, cut into neat joints; add a seasoning of pepper and salt, the lemon and bay-leaf, and let the whole simmer until tender. Pour in the port wine, give one boil, and serve.

Time.—About ½ hour to simmer the rabbit.

Average cost, from 1s. to 1s. 6d. each. Sufficient for 4 or 5 persons.

Seasonable from September to February.

THE RABBIT-HOUSE.—Rabbit-keeping is generally practised by a few individuals in almost every town, and by a few in almost every part of the country. Forty years ago, there were in the metropolis one or two considerable feeders, who, according to report, kept from 1,600 to 2,000 breeding does. These large establishments, however, have ceased to exist, and London receives the supply of tame as well as wild rabbits chiefly from the country. Where they are kept, however, the rabbit-house should be placed upon a dry foundation, and be well ventilated. Exposure to rain, whether externally or internally, is fatal to rabbits, which, like sheep, are liable to the rot, springing from the same causes. Thorough ventilation and good air are indispensable where many rabbits are kept, or they will neither prosper nor remain healthy for any length of time. A thorough draught or passage for the air is, therefore, absolutely necessary, and should be so contrived as to be checked in cold or wet weather by the closing or shutting of opposite doors or windows.

ROAST OR BAKED RABBIT.

983. INGREDIENTS.—1 rabbit, forcemeat No. 417, buttered paper, sausage-meat.
MRS. ISABELLA BEETON

Mode.—Empty, skin, and thoroughly wash the rabbit; wipe it dry, line the inside with sausage-meat and forcemeat made by recipe No. 417, and to which has been added the minced liver. Sew the stuffing inside, skewer back the between the shoulders, cut off the fore-joints of the shoulders and legs, bring them close to the body, and secure them by means of a skewer. Wrap the rabbit in buttered paper, and put it down to a bright clear fire; keep it well basted, and a few minutes before it is done remove the paper, flour and froth it, and let it acquire a nice brown colour. Take out the skewers, and serve with brown gravy and red-currant jelly. To bake the rabbit, proceed in the same manner as above; in a good oven, it will take about the same time as roasting.

Time.—A young rabbit, 35 minutes; a large one, about ¾ hour.

Average cost, from 1s. to 1s. 6d. each. Sufficient for 4 persons.

Seasonable from September to February.

THE HUTCH.—Hutches are generally placed one above another to the height required by the number of rabbits and the extent of the room. Where a large stock is kept, to make the most of room, the hutches may be placed in rows, with a sufficient interval between for feeding and cleaning, instead of being, in the usual way, joined to the wall. It is preferable to rest the hutches upon stands, about a foot above the ground, for the convenience of cleaning under them. Each of the hutches intended for breeding should have two rooms,—a feeding and a bed-room. Those are single for the use of the weaned rabbits, or for the bucks, which are always kept separate. The floors should be planed smooth, that wet may run off, and a common hoe, with a short handle, and a short broom, are most convenient implements for cleaning these houses.

STEWED RABBIT.

984. INGREDIENTS.—1 rabbit, 2 large onions, 6 cloves, 1 small teaspoonful of chopped lemon-peel, a few forcemeat balls, thickening of butter and flour, 1 large tablespoonful of mushroom ketchup.

Mode.—Cut the rabbit into small joints; put them into a stewpan, add the onions sliced, the cloves, and minced lemon-peel. Pour in sufficient water to cover the meat, and, when the rabbit is nearly done, drop in a few forcemeat balls, to which has been added the liver, finely chopped. Thicken the gravy with flour and butter, put in the ketchup, give one boil, and serve.

Time.—Rather more than ½ hour. Average cost, 1s. to 1s. 6d each.

Sufficient for 4 or 5 persons.

Seasonable from September to February.

FANCY RABBITS.—The graceful fall of the ears is the first thing that
is looked to by the fancier; next, the dewlap, if the animal is in its prime; then the colours and marked points, and, lastly, the shape and general appearance. The ears of a fine rabbit should extend not less than seven inches, measured from tip to tip in a line across the skull; but even should they exceed this length, they are admitted with reluctance into a fancy stock, unless they have a uniform and graceful droop. The dewlap, which is a fold of skin under the neck and throat, is only seen in fancy rabbits, after they have attained their full growth: it commences immediately under the jaw, and adds greatly to the beauty of their appearance. It goes down the throat and between the fore legs, and is so broad that it projects beyond the chin.

The difference between the fancy and common rabbit in the back, independent of the ears, is sufficient to strike the common observer. Fancy rabbits fetch a very high price; so much as five and ten guineas, and even more, is sometimes given for a first-rate doe. If young ones are first procured from a good family, the foundation of an excellent stock can be procured for a much smaller sum. Sometimes the ears, instead of drooping down, slope backwards: a rabbit with this characteristic is scarcely admitted into a fancy lot, and is not considered worth more than the common variety. The next position is when one ear lops outwards, and the other stands erect: rabbits of this kind possess but little value, however fine the shape and beautiful the colour, although they sometimes breed as good specimens as finer ones.

The forward or horn-lop is one degree nearer perfection than the half-lop: the ears, in this case, slope forward and down over the forehead. Rabbits with this peculiarity are often perfect in other respects, with the exception of the droop of the ears, and often become the parents of perfect young ones: does of this kind often have the power of lifting an ear erect. In the ear-lop, the ears spread out in a horizontal position, like the wings of a bird in flight, or the arms of a man swimming. A great many excellent does have this characteristic, and some of the best-bred bucks in the fancy are entirely so. Sometimes a rabbit drops one ear completely, but raises the other so neatly horizontally as to constitute an ear-lop: this is superior to all others, except the perfect fall, which is so rarely to be met with, that those which are merely ear-lopped are considered as valuable rabbits, if well bred and with other good qualities.

"The real lop has ears that hang down by the side of the cheek, slanting somewhat outward in their descent, with the open part of the ear inward, and sometimes either backwards or forwards instead of perpendicular: when the animals stand in an easy position, the tips of the ears touch the ground. The hollows of the ears, in a fancy rabbit of a first-rate kind, should be turned so completely backwards that only the outer part of them should remain in front: they should match exactly in their descent, and should slant outwards as little as possible."

The same authority asserts that perfect lops are so rare, that a breeder possessing twenty of the handsomest and most perfect does would consider himself lucky if, in the course of a year, he managed to raise twelve full-lopped rabbits out of them all. As regards variety and purity of colour an experienced breeder says:—

"The fur of fancy rabbits may be blue, or rather lead-colour, and white, or black and white, or tawny and white, that is, tortoiseshell-coloured. But it is not of so much importance what colours the coat of a rabbit displays, as it is that those colours shall be arranged in a particular manner, forming imaginary figures or fancied resemblances to certain objects. Hence the peculiarities of their markings have been denoted by distinctive designations. What is termed 'the blue butterfly smut' was, for some time, considered the most valuable of fancy rabbits. It is thus named on account of having bluish or lead-coloured spots on either side of the nose, having some resemblance to the spread wings of a butterfly, what may be termed the groundwork of the rabbit's face being white. A black and white rabbit may also have the face marked in a similar manner, constituting a 'black butterfly smut.'"

"But a good fancy rabbit must likewise have other marks, without which it cannot be considered a perfect model of its kind. There should be a black or blue patch on its back, called the saddle; the tail must be of the same colour with the back and snout; while the legs should be all white; and there ought to be dark stripes on both sides of the body in front, passing backwards to meet the saddle, and uniting on the top of the shoulders at the part called
the withers in a horse. These stripes form what is termed the 'chain' having somewhat the appearance of a chain or collar hanging round the neck."

"Among thorough-bred fancy rabbits, perhaps not one in a hundred will have all these markings clearly and exactly displayed on the coat; but the more nearly the figures on the coat of a rabbit approach to the pattern described, the greater will be its value, so far, at least, as relates to colour. The beauty and consequent worth of a fancy rabbit, however, depends a good deal on its shape, or what is styled its carriage. A rabbit is said to have a good carriage when its back is finely arched, rising full two inches above the top of its , which must be held so low as for the muzzle and the points of the ears to reach almost to the ground."

**STEWED RABBIT, Larded.**

985. **INGREDIENTS.**—1 rabbit, a few strips of bacon, rather more than 1 pint of good broth or stock, a bunch of savoury herbs, salt and pepper to taste, thickening of butter and flour, 1 glass of sherry.

**Mode.**—Well wash the rabbit, cut it into quarters, lard them with Blips of bacon, and fry them; then put them into a stewpan with the broth, herbs, and a seasoning of pepper and salt; simmer gently until the rabbit is tender, then strain the gravy, thicken it with butter and flour, add the sherry, give one boil, pour it over the rabbit, and serve. Garnish with slices of cut lemon.

**Time.**—Rather more than ½ hour.

**Average cost,** 1s. to 1s. 6d. each.

**Sufficient** for 4 or 5 persons.

**Seasonable** from September to February.

**THE HARE-RABBIT.**—There has been lately introduced to French tables an animal called the "Hare-rabbit," partaking of the nature, characteristics, and qualifications of both the hare and the rabbit. It is highly spoken of, both as regards flesh and flavour; and it is said to be the only hybrid which is able to perpetuate its race. We hope that some enterprising individual will soon secure for English, tables what would seem to be a really valuable addition to our other game and poultry dishes; although it will be rather difficult to exactly assign its proper position, as within or without the meaning of "game," as by law established. Only a few specimens have been seen in England at present, but there is no reason to doubt that our rabbit-fanciers will prove equal to the occasion, and pe successfully with our neighbours across the Channel in introducing a new animal serviceable in the kitchen.

**THE ANGORA RABBIT.**—This is one of the handsomest of all rabbits. It takes
its name from being an inhabitant of Angora, a city and district of Asia Minor. Like the well-known Angora goat and cat, both of which are valuable on account of the fineness of their wool and fur, this rabbit is prized for its long, waved, silky fur, which, as an article of commerce is highly esteemed. We are not aware whether it is eaten by the inhabitants, and but few specimens have been introduced into England, where, doubtless, the beauty of its coat would materially suffer from the more humid and less genial character of the climate. To the rabbits of the ancient and mountainous district of Angora the words of the wise man would seem most to apply, “The conies are but feeble folk, yet make they their houses in the rocks.”

THE HIMALAYA RABBIT.—Amidst the mighty Himalaya mountains, whose peaks are the highest on the globe, the pretty rabbit here portrayed is found; and his colour seems to be like the snow, which, above the altitude of from 13,000 to 16,000 feet, perpetually crowns the summits of these monarchs of the world. It is, at present, a very rare animal in England, but will, doubtless, be more extensively known in the course of a few years. From the earth-tunnelling powers of this little animal, Martial declares that mankind learned the art of fortification, mining, and covered roads.

BOILED TURKEY.

986. INGREDIENTS.—Turkey; forcemeat No. 417.

Choosing and Trussing.—Hen turkeys are preferable for boiling, on account of their whiteness and tenderness, and one of moderate size should be selected, as a large one is not suitable for this mode of cooking. They should not be dressed until they have been killed 3 or 4 days, as they will neither look white, nor will they be tender. Pluck the bird, carefully draw, and singe it with a piece of white paper, wash it inside and out, and wipe it thoroughly dry with a cloth. Cut off the and neck, draw the strings or sinews of the thighs, and cut off the legs at the first joint; draw the legs into the body, fill the breast with forcemeat made by recipe No. 417; run a skewer through the wing and the middle joint of the leg, quite into the leg and wing on the opposite side; break the breastbone, and make the bird look as round and as compact as possible.

Mode.—Put the turkey into sufficient hot water to cover it; let it come to a boil, then carefully remove all the scum: if this is attended to, there is no occasion to boil the bird in a floured cloth; but it should be well covered with the water. Let it simmer very gently for about 1½ hour to 1¾ hour, according to the size, and serve with either white, celery, oyster, or mushroom sauce, or parsley-and-butter, a little of which should be poured over the turkey. Boiled ham, bacon, tongue, or pickled pork, should always accompany this dish; and when oyster sauce is served, the turkey should be stuffed with oyster forcemeat.

Time.—A small turkey, 1½ hour; a large one, 1¾ hour.
Average cost, 5s. 6d. to 7s. 6d. each, but more expensive at Christmas, on account of the great demand.

Sufficient for 7 or 8 persons.

Seasonable from December to February.

THE TURKEY.—The turkey, for which fine bird we are indebted to America, is certainly one of the most glorious presents made by the New World to the Old. Some, indeed, assert that this bird was known to the ancients, and that it was served at the wedding-feast of Charlemagne. This opinion, however, has been controverted by first-rate authorities, who declare that the French name of the bird, dindon, proves its origin; that the form of the bird is altogether foreign, and that it is found in America alone in a wild state. There is but little doubt, from the information which has been gained at considerable trouble, that it appeared, generally, in Europe about the end of the 17th century; that it was first imported into France by Jesuits, who had been sent out missionaries to the West; and that from France it spread over Europe. To this day, in many localities in France, a turkey is called a Jesuit. On the farms of N. America, where turkeys are very common, they are raised either from eggs which have been found, or from young ones caught in the woods: they thus preserve almost entirely their original plumage. The turkey only became gradually acclimated, both on the continent and in England: in the middle of the 18th century, scarcely 10 out of 20 young turkeys lived; now, generally speaking, 15 out of the same number arrive at maturity.

CROQUETTES OF TURKEY
(Cold Meat Cookery).

987. INGREDIENTS.—The remains of cold turkey; to every ½ lb. of meat allow 2 oz. of ham or bacon, 2 shalots, 1 oz. of butter, 1 tablespoonful of flour, the yolks of 2 eggs, egg and bread crumbs.

Mode.—The smaller pieces, that will not do for a fricassee or hash, answer very well for this dish. Mince the meat finely with ham or bacon in the above proportion; make a gravy of the bones and trimmings, well seasoning it; mince the shalots, put them into a stewpan with the butter, add the flour; mix well, then put in the mince, and about ½ pint of the gravy made from the bones. (The proportion of the butter must be increased or diminished according to the quantity of mince.) When just boiled, add the yolks of 2 eggs; put the mixture out to cool, and then shape it in a wineglass. Cover the croquettes with egg and bread crumbs, and fry them a delicate brown. Put small pieces of parsley-stems for stalks, and serve with, rolled bacon cut very thin.

Time.—8 minutes to fry the croquettes.

Seasonable from December to February.

THE WILD TURKEY.—In its wild state, the turkey is gregarious, going together in extensive flocks, numbering as many as five hundred. These frequent the great swamps of America, where they roost; but, at sunrise, leave these situations to repair to the dry woods, in search of berries and acorns. They perch on the boughs of trees, and, by rising from branch to branch, attain the height they desire. They usually mount to the highest tops, apparently from an instinctive conception that the loftier they are the further they are out of danger. They fly awkwardly, but run with great swiftness, and, about the month of March become so fat as not to be able to take a flight beyond three or four hundred yards, and are then, also, easily run down by a horseman. Now, however, it rarely happens that wild turkeys are seen in the
inhabited parts of America. It is only in the distant and more unfrequented parts that they are found in great numbers.

FRICASSEED TURKEY
(Cold Meat Cookery).

988. INGREDIENTS.—The remains of cold roast or boiled turkey; a strip of lemon-peel, a bunch of savoury herbs, 1 onion, pepper and salt to taste, 1 pint of water, 4 tablespoonfuls of cream, the yolk of an egg.

Mode.—Cut some nice slices from the remains of a cold turkey, and put the bones and trimmings into a stewpan, with the lemon-peel, herbs, onion, pepper, salt, add the water; stew for an hour, strain the gravy, and lay in the pieces of turkey. When warm through, add the cream and the yolk of an egg; stir it well round, and, when getting thick, take out the pieces, lay them on a hot dish, and pour the sauce over. Garnish the fricassée with sippets of toasted bread. Celery or cucumbers, cut into small pieces, may be put into the sauce; if the former, it must be boiled first.

Time.—1 hour to make the gravy.

Average cost, exclusive of the cold turkey, 4d.

Seasonable from December to February.

THE TURKEY.—This is one of the gallinaceous birds, the principal genera of which are Pheasants, Turkeys, Peacocks, Bustards, Pintatoes, and Grouse. They live mostly on the ground, scraping the earth with their feet, and feeding on seeds and grains, which, previous to digestion, are macerated in their crops. They usually associate in families, consisting of one male and several females. Turkeys are particularly fond of the seeds of nettles, whilst the seeds of the foxglove will poison them. The common turkey is a native of North America, and, in the reign of Henry VIII., was introduced into England. According to Tusser's "Five Hundred Points of Good Husbandry," it began about the year 1585 to form a dish at our rural Christmas feasts:

"Beefe, mutton, and pork, shred pies of the best,
   Pig, veal, goose, and capon, and turkey well drest;
   Cheese, apples, and nuts, jolly carols to hear,
   As then in the country is counted good cheer."

The turkey is one of the most difficult birds to rear, and its flesh is much esteemed.

THE DISPOSITION OF THE TURKEY.—Among themselves, turkeys are extremely furious, whilst amongst other animals they are usually both weak and cowardly. The domestic cock frequently makes them keep at a distance, whilst they will rarely attack him but in a united body, when the cock is rather crushed by their weight than defeated by their prowess. The disposition of the female is in general much more gentle than that of the male. When leading forth her young to collect their food, though so large and apparently so powerful a bird, she gives them very slight protection from the attacks of any rapacious animal which may appear against them. She rather warns them of their danger than offers to defend them; yet she is extremely affectionate to her young.
HASHED TURKEY.

989. INGREDIENTS.—The remains of cold roast turkey, 1 onion, pepper and salt to taste, rather more than 1 pint of water, 1 carrot, 1 turnip, 1 blade of mace, a bunch of savoury herbs, 1 tablespoonful of mushroom ketchup, 1 tablespoonful of port wine, thickening of butter and flour.

Mode.—Cut the turkey into neat joints; the best pieces reserve for the hash, the inferior joints and trimmings put into a stewpan with an onion cut in slices, pepper and salt, a carrot, turnip, mace, herbs, and water in the above proportion; simmer these for an hour, then strain the gravy, thicken it with butter and flour, flavour with ketchup and port wine, and lay in the pieces of turkey to warm through; if there is any stuffing left, put that in also, as it so much improves the flavour of the gravy. When it boils, serve, and garnish the dish with sippets of toasted bread.

Time.—1 hour to make the gravy.

Seasonable from December to February.

HUNTING TURKEYS.—Formerly, in Canada, hunting turkeys was one of the principal diversions of the natives of that country. When they discovered the retreat of the birds, which was generally near a field of nettles, or where grain of any kind was plentiful, they would send a well-trained dog into the midst of the flock. The turkeys no sooner perceived their enemy than they would run off at full speed, and with such swiftness that they would leave the dog far behind. He, however, would follow in their wake, and as they could not, for a great length of time, continue at their speed, they were at last forced to seek shelter in the trees. There they would sit, spent with fatigue, till the hunters would approach, and, with long poles, knock them down one after the other.

ROAST TURKEY.

990. INGREDIENTS.—Turkey; forcemeat No. 417.

Choosing and Trussing.—Choose cock turkeys by their short spurs and black legs, in which case they are young; if the spurs are long, and the legs pale and rough, they are old. If the bird has been long killed, the eyes will appear sunk and the feet very dry; but, if fresh, the contrary will be the case. Middling-sized fleshy turkeys are by many persons considered superior to those of an immense growth, as they are, generally speaking, much more tender. They should never be dressed the same day they are killed; but, in cold weather, should hang at least 8 days; if the weather is mild, 4 or 5 days will be found sufficient. Carefully pluck the bird, singe it with white paper, and wipe it thoroughly with a cloth; draw it, preserve the liver and gizzard, and be particular not to break the gall-bag, as no washing will remove the bitter taste it imparts where it once touches. Wash it inside well, and wipe it thoroughly dry with a cloth; the outside merely requires nicely wiping, as we have just stated. Cut off the neck close to the back, but leave enough of the crop-skin to turn over; break the leg-bone close below the knee, draw out the strings from the thighs, and flatten the
breastbone to make it look plump. Have ready a forcemeat made by recipe No. 417; fill the breast with this, and, if a trussing-needle is used, sew the neck over to the back; if a needle is not at hand, a skewer will answer the purpose. Run a skewer through the pinion and thigh into the body to the pinion and thigh on the other side, and press the legs as much as possible between the breast and the side bones, and put the liver under one pinion and the gizzard under the other. Pass a string across the back of the bird, catch it over the points of the skewer, tie it in the centre of the back, and be particular that the turkey is very firmly trussed. This may be more easily accomplished with a needle and twine than with skewers.

_MODE._—Fasten a sheet of buttered paper on to the breast of the bird, put it down to a bright fire, at some little distance at first (afterwards draw it nearer), and keep it well basted the whole of the time it is cooking. About ¼ hour before serving, remove the paper, dredge the turkey lightly with flour, and put a piece of butter into the basting-ladle; as the butter melts, baste the bird with it. When of a nice brown and well frothed, serve with a tureen of good brown gravy and one of bread sauce. Fried sausages are a favourite addition to roast turkey; they make a pretty garnish, besides adding very much to the flavour. When these are not at hand, a few forcemeat balls should be placed round the dish as a garnish. Turkey may also be stuffed with sausage-meat, and a chestnut forcemeat with the same sauce is, by many persons, much esteemed as an accompaniment to this favourite dish.—See coloured plate, A1.

_TIME._—Small turkey, 1-½ hour; moderate-sized one, about 10 lbs., 2 hours; large turkey, 2-½ hours, or longer.

_Average cost_, from 10s. to 12s., but expensive at Christmas, on account of the great demand.

_Sufficient._—A moderate-sized turkey for 7 or 8 persons.

_SEASONABLE_ from December to February.

ENGLISH TURKEYS.—These are reared in great numbers in Suffolk, Norfolk, and several other counties, whence they were wont to be driven to the London market in flocks of several hundreds; the improvements in our modes of travelling now, however, enable them to be brought by railway. Their drivers used to manage them with great facility, by means of a bit of red rag tied to the end of a long stick, which, from the antipathy these birds have to that colour, effectually answered the purpose of a scourge. There are three varieties of the turkey in this country,—the black, the white, and the speckled, or copper-coloured. The black approaches nearest to the original stock, and is esteemed the best. Its flesh is white and tender, delicate, nourishing, and of excellent flavour; it greatly deteriorates with age, however, and is then good for little but stewing.

**ROAST TURKEY POULTS.**

991. INGREDIENTS.—Turkey poult; butter.

Choosing and Trussing.—Choose a plump bird, and truss it in the following manner:—After it has been carefully plucked, drawn, and singed, skin the neck, and fasten the under the wing; turn the legs at the first joint, and bring the feet close to the thighs, as a woodcock should be trussed, and do not stuff it.
Mode.—Put it down to a bright fire, keep it well basted, and at first place a piece of paper on the breast to prevent its taking too much colour. About 10 minutes before serving, dredge it lightly with flour, and baste well; when nicely frothed, send it to table immediately, with a little gravy in the dish, and some in a tureen. If at hand, a few water-cresses may be placed round the turkey as a garnish, or it may be larded.

Time.—About 1 hour. Average cost, 7s. to 8s. each.

Sufficient for 6 or 7 persons.

Seasonable.—In full season from June to October.

THE FUTURE OF THE TURKEY.—Human ingenuity subjects almost every material to the purposes of ornament or use and the feathers of turkeys have been found adapted for more ends than one. The American Indians convert then into an elegant clothing, and, by twisting the inner ribs into a strong double string, with hemp or the inner bark of the mulberry tree, work it like matting. This fabric has a very rich and glossy appearance and is as fine as silk shag. The natives of Louisiana used to make fans of the tail; and four of that appendage joined together was formerly constructed into a parasol by the French.

TO BONE A TURKEY OR FOWL WITHOUT OPENING IT.
(Miss Acton's Recipe.)

992. After the fowl has been drawn and singed, wipe it inside and out with a clean cloth, but do not wash it. Take off the, cut through the skin all round the first joint of the legs, and pull them from the fowl, to draw out the large tendons. Raise the flesh first from the lower part of the backbone, and a little also from the end of the breastbone, if necessary; work the knife gradually to the socket of the thigh; with the point of the knife detach the joint from it, take the end of the bone firmly in the fingers, and cut the flesh clean from it down to the next joint, round which pass the point of the knife carefully, and when the skin is loosened from it in every part, cut round the next bone, keeping; the edge of the knife close to it, until the whole of the leg is done. Remove the bones of the other leg in the same manner; then detach the flesh from the back—and breast-bone sufficiently to enable you to reach the upper joints of the wings; proceed with these as with the legs, but be especially careful not to pierce the skin of the second joint: it is usual to leave the pinions unboned, in order to give more easily its natural form to the fowl when it is dressed. The merrythought and neck-bones may now easily be cut away, the back-and side-bones taken out without being divided, and the breastbone separated carefully from the flesh (which, as the work progresses, must be turned back from the bones upon the fowl, until it is completely inside out). After the one remaining bone is removed, draw the wings and legs back to their proper form, and turn the fowl right side outwards.

993. A turkey is boned exactly in the same manner; but as it requires a very large proportion of forcemeat to fill it entirely, the legs and wings are sometimes drawn into the body, to diminish the expense of this. If very securely trussed, and sewn, the bird may be either boiled, or stewed in rich gravy, as well as roasted, after being boned and forced; but it must be most gently cooled, or it may burst.
994. Cut through the skin down the centre of the back, and raise the flesh carefully on either side with the point of a sharp knife, until the sockets of the wings and thighs are reached. Till a little practice has been gained, it will perhaps be better to bone these joints before proceeding further; but after they are once detached from it, the whole of the body may easily be separated from the flesh and taken out entire: only the neck-bones and merrythought will then remain to be removed. The bird thus prepared may either be restored to its original form, by filling the legs and wings with forcemeat, and the body with the livers of two or three fowls, mixed with alternate layers of parboiled tongue freed from the rind, fine sausage-meat, or veal forcemeat, or thin slices of the nicest bacon, or aught else of good flavour, which will give a marbled appearance to the fowl when it is carved; and then be sewn up and trussed as usual; or the legs and wings may be drawn inside the body, and the bird being first flattened on a table, may be covered with sausage-meat, and the various other ingredients we have named, so placed that it shall be of equal thickness in every part; then tightly rolled, bound firmly together with a fillet of broad tape, wrapped in a thin pudding-cloth, closely tied at both ends, and dressed as follows:—Put it into a braising-pan, stewpan, or thick iron saucepan, bright in the inside, and fitted as nearly as may be to its size; add all the chicken-bones, a bunch of sweet herbs, two carrots, two bay-leaves, a large blade of mace, twenty-four white peppercorns, and any trimmings or bones of undressed veal which may be at hand; cover the whole with good veal broth, add salt, if needed, and stew it very softly, from an hour and a quarter to an hour and a half; let it cool in the liquor in which it was stewed; and after it is lifted out, boil down the gravy to a jelly and strain it; let it become cold, clear off the fat, and serve it cut into large dice or roughed, and laid round the fowl, which is to be served cold. If restored to its form, instead of being rolled, it must be stewed gently for an hour, and may then be sent to table hot, covered with mushroom, or any other good sauce that may be preferred; or it may be left until the following day, and served garnished with the jelly, which should be firm, and very clear and well-flavoured: the liquor in which a calf’s foot has been boiled down, added to the broth, will give it the necessary degree of consistence.

TO BONE FOWLS FOR FRICASSEES, CURRIES, & PIES.

995. First carve them entirely into joints, then remove the bones, beginning with the legs and wings, at the of the largest bone; hold this with the fingers, and work the knife as directed in the recipe above. The remainder of the birds is too easily done to require any instructions.

TO DRESS WHEATEARS.

996. INGREDIENTS.—Wheatears; fresh butter.

Mode.—After the birds are picked, gutted, and cleaned, truss them like larks, put them down to a quick fire, and baste them well with fresh butter. When done, which will be in about 20 minutes, dish them on fried bread crumbs, and garnish the dish with slices of lemon.
Time.—20 minutes.

Seasonable from July to October.

THE WHEATEAR.—The wheatear is an annual visitor of England; it arrives about the middle of March and leaves in September. The females come about a fortnight before the males, and continue to arrive till the middle of May. They are in season from July to October, and are taken in large numbers on the South Downs, in the neighbourhood of Eastbourne, Brighton, and other parts of Sussex. They are taken by means of snares and nets, and numbers of them are eaten on the spot by the inhabitants. The larger ones are sent to London and potted, where they are by many as much esteemed as the ortolans of the continent. Mr. Pennant assigns as the reason of their abounding on the downs about Eastbourne, the existence of a species of fly which forms their favourite food, and which feeds on the wild thyme on the adjacent hills.

997. THE GUINEA-PIG.—This common hutch-companion of the rabbit, although originally a native of Brazil, propagates freely in England and other European countries. Were it not that they suffer cruelly from cats, and numerous other enemies, and that it is the habit of the males to devour their own offspring, their numbers would soon become overwhelming. Rats, however, it is said, carefully avoid them; and for this reason they are frequently bred by rabbit-fanciers, by way of protection for their young stock against those troublesome vermin. The lower tier of a rabbit-hutch is esteemed excellent quarters by the guinea-pig: here, as he runs loose, he will devour the waste food of his more admired companion. Home naturalists assert that the guinea-pig will breed at two months old, the litter varying from four to twelve at a time. It is varied in colour,—white, fawn, and black, and a mixture of the three colours, forming a tortoiseshell, which is the more generally admired hue. Occasionally, the white ones have red eyes, like those of the ferret and the white rabbit. Their flesh, although eatable, is decidedly unfit for food; they have been tasted, however, we presume by some enthusiast eager to advance the cause of science, or by some eccentric epicure in search of a new pleasure for his palate. Unless it has been that they deter rats from intruding within the rabbit-hutch, they are as useless as they are harmless. The usual ornament of an animal's hind quarters is denied them; and were it not for this fact, and also for their difference in colour, the Shaksperean locution, "a rat without a tail," would designate them very properly.

998. THE CYGNET.—The Cygnet, or the young Swan, was formerly much esteemed; but it has "fallen from its high estate," and is
now rarely seen upon the table. We are not sure that it is not still fattened in
Norwich for the corporation of that place. Persons who have property on the
river there, take the young birds, and send them to some one who is employed
by the corporation, to be fed; and for this trouble he is paid, or was wont to be
paid, about half a guinea a bird. It is as the future bird of elegance and grace
that the young swan is mostly admired; when it has become old enough to
grace the waters, then it is that all admire her, when she with

"Arched neck,
Between her white wings mantling,
Proudly rows
Her state with oary feet."

Poultry Carving.

ROAST DUCK.

999. No dishes require so much knowledge and
skill in their carving as do game and poultry; for it
is necessary to be well acquainted with the
anatomy of the bird and animal in order to place
the knife at exactly the proper point. A tough fowl
and an old goose are sad triers of a carver's
powers and temper, and, indeed, sometimes of the good humour of those in the
neighbourhood of the carver; for a sudden tilt of the dish may eventuate in the placing
a quantity of the gravy in the lap of the right or left-hand supporter of the host. We
will endeavour to assist those who are unacquainted with the "gentle art of carving,"
and also those who are but slightly acquainted with it, by simply describing the rules
to follow, and referring to the distinctly-marked Illustrations of each dish, which will
further help to bring light to the minds of the uninitiated. If the bird be a young
duckling, it may be carved like a fowl, viz., by first taking off the leg and the wing on
either side, as described at No. 1000; but in cases where the duckling is very small, it
will be as well not to separate the leg from the wing, as they will not then form too
large a portion for a single serving. After the legs and wings are disposed of, the
remainder of the duck will be also carved in the same manner as a fowl; and not much
difficulty will be experienced, as ducklings are tender, and the joints are easily broken
by a little gentle forcing, or penetrated by the knife. In cases where the duck is a large
bird, the better plan to pursue is then to carve it like a goose, that is, by cutting pieces
from the breast in the direction indicated by the lines marked from 1 to 2,
commencing to carve the slices close to the wing, and then
proceeding upwards from that to the breastbone. If more should
be wanted than can be obtained from both sides of the breast,
then the legs and wings must be attacked, in the same way as is
described in connection with carving a fowl. It may be here
remarked, that as the legs of a duck are placed far more
backward than those of a fowl, their position causing the
waddling motion of the bird, the thigh-bones will be found
considerably nearer towards the backbone than in a chicken:
this is the only difference worth mentioning. The carver should
ask each guest if a portion of stuffing would be agreeable; and
in order to get at this, a cut should be made below the breast, as shown by the line from 3 to 4, at the part called the "apron," and the spoon inserted. (As described in the recipe, it is an excellent plan, when a couple of ducks are served, to have one with, and the other without stuffing.) As to the prime parts of a duck, it has been said that "the wing of a flier and the leg of a swimmer" are severally the best portions. Some persons are fond of the feet of the duck; and, in trussing, these should never be taken off. The leg, wing, and neckbone are here shown; so that it will be easy to see the shape they should be when cut off.

BOILED FOWL.

1000. This will not be found a very difficult member of the poultry family to carve, unless, as may happen, a very old farmyard occupant, useless for egg-laying purposes, has, by some unlucky mischance, been introduced into the kitchen as a "fine young chicken." Skill, however, and the application of a small amount of strength, combined with a fine keeping of the temper, will even get over that difficulty. Fixing the fork firmly in the breast, let the knife be sharply passed along the line shown from 1 to 2; then cut downwards from that line to fig. 3; and the wing, it will be found, can be easily withdrawn. The shape of the wing should be like the accompanying engraving. Let the fork be placed inside the leg, which should be gently forced away from the body of the fowl; and the joint, being thus discovered, the carver can readily cut through it, and the leg can be served. When the leg is displaced, it should be of the same shape as that shown in the annexed woodcut. The legs and wings on either side having been taken off, the carver should draw his knife through the flesh in the direction of the line 4 to 5: by this means the knife can be slipped underneath the merrythought, which, being lifted up and pressed backward, will immediately come off. The collar—or neck-bones are the next to consider: these lie on each side of the merrythought, close under the upper part of the wings; and, in order to free these from the fowl, they must also be raised by the knife at their broad end, and turned from the body towards the breastbone, until the shorter piece of the bone, as shown in the cut, breaks off. There will now be left only the breast, with the ribs. The breast can be, without difficulty, disengaged from the ribs by cutting through the latter, which will offer little impediment. The side-bones are now to be taken off; and to do this, the lower end of the back should be turned from the carver, who should press the point of the knife through the top of the backbone, near the centre, bringing it down towards the end of the back completely through the bone. If the knife is now turned in the opposite direction, the joint will be easily separated from the vertebra. The backbone being now uppermost, the fork should be pressed firmly down on it, whilst at the same time the knife should be employed in raising up the lower small end of the fowl towards the fork, and thus the back will be dislocated about its middle. The wings, breast, and merrythought are esteemed the prime parts of a fowl, and are usually served to the ladies of the company, to whom legs, except as a matter of paramount necessity, should not be given. Byron gave it as one reason why he did not like dining with ladies, that they always had the wings of the fowls, which he
himself preferred. We heard a gentleman who, when he might have had a wing, declare his partiality for a leg, saying that he had been obliged to eat legs for so long a time, that he had at last come to like them better than the other more prized parts. If the fowl is, capon-like, very large, slices maybe carved from its breast in the same manner as from a turkey's.

ROAST FOWL.

1001. Generally speaking, it is not necessary so completely to cut up a fowl as we have described in the preceding paragraphs, unless, indeed, a large family party is assembled, and there are a number of "little mouths" to be filled, or some other such circumstances prevail. A roast fowl is carved in the same manner as a boiled fowl, No. 1000; viz., by cutting along the line from 1 to 2, and then round the leg between it and the wing. The markings and detached pieces, as shown in the engravings under the heading of "Boiled Fowl," supersede the necessity of our lengthily again describing the operation. It may be added, that the liver, being considered a delicacy, should be divided, and one half served with each wing. In the case of a fowl being shifted, it will be proper to give each guest a portion, unless it be not agreeable to some one of the party.

ROAST GOOSE.

1002. It would not be fair to say that this dish bodes a great deal of happiness to an inexperienced carver, especially if there is a large party to serve, and the slices off the breast should not suffice to satisfy the desires and cravings of many wholesome appetites, produced, may be, by the various sports in vogue at Michaelmas and Christmas. The beginning of the task, however, is not in any way difficult. Evenly-cut slices, not too thick or too thin, should be carved from the breast in the direction of the line from 2 to 3; after the first slice has been cut, a hole should be made with the knife in the part called the apron, passing it round the line, as indicated by the figures 1, 1, 1: here the stuffing is located, and some of this should be served on each plate, unless it is discovered that it is not agreeable to the taste of some one guest. If the carver manages cleverly, he will be able to cut a very large number of fine slices off the breast, and the more so if he commences close down by the wing, and carves upwards towards the ridge of the breastbone. As many slices as can be taken from the breast being carved, the wings should be cut off; and the same process as described in carving boiled fowl, is made use of in this instance, only more dexterity and greater force will most
probably be required: the shape of the leg, when disengaged from the body of the goose, should be like that shown in the accompanying engraving. It will be necessary, perhaps, in taking off the leg, to turn the goose on its side, and then, pressing down the small end of the leg, the knife should be passed under it from the top quite down to the joint; the leg being now turned back by the fork, the knife must cut through the joint, loosening the thigh-bone from its socket. The merrythought, which in a goose is not so large as might be expected, is disengaged in the same way as that of a fowl—by passing the knife under it, and pressing it backwards towards the neck. The neck-bones, of which we give a cut, are freed by the same process as are those of a fowl; and the same may be said of all the other parts of this bird. The breast of a goose is the part most esteemed; all parts, however, are good, and full of juicy flavour.

PIGEON.

1003. A very straightforward plan is adopted in carving a pigeon: the knife is carried sharply in the direction of the line as shown from 1 to 2, entirely through the bird, cutting it into two precisely equal and similar parts. If it is necessary to make three pieces of it, a small wing should be cut off with the leg on either side, thus serving two guests; and, by this means, there will be sufficient meat left on the breast to send to the third guest.

RABBITS.

1004. In carving a boiled rabbit, let the knife be drawn on each side of the backbone, the whole length of the rabbit, as shown by the dotted line 3 to 4: thus the rabbit will be in three parts. Now let the back be divided into two equal parts in the direction of the line from 1 to 2; then let the leg be taken off, as shown by the line 5 to 6, and the shoulder, as shown by the line 7 to 8. This, in our opinion, is the best plan to carve a rabbit, although there are other modes which are preferred by some.

A roast rabbit is rather differently trussed from one that is meant to be boiled; but the carving is nearly similar, as will be seen by the cut. The back should be divided into as many pieces as it will give, and the legs and shoulders can then be disengaged in the same manner as those of the boiled animal.

ROAST TURKEY.

1005. A noble dish is a turkey, roast or boiled. A Christmas dinner, with the middle classes of this empire, would scarcely be a Christmas dinner without its turkey; and we can hardly imagine an object of greater envy than is presented by a
respected portly pater-familias carving, at the season devoted to good cheer and genial charity, his own fat turkey, and carving it well. The only art consists, as in the carving of a goose, in getting from the breast as many fine slices as possible; and all must have remarked the very great difference in the large number of people whom a good carver will find slices for, and the comparatively few that a bad carver will succeed in serving. As we have stated in both the carving of a duck and goose, the carver should commence cutting slices close to the wing from, 2 to 3, and then proceed upwards towards the ridge of the breastbone: this is not the usual plan, but, in practice, will be found the best. The breast is the only part which is looked on as fine in a turkey, the legs being very seldom cut off and eaten at table: they are usually removed to the kitchen, where they are taken off, as here marked, to appear only in a form which seems to have a special attraction at a bachelor's supper-table,—we mean devilled: served in this way, they are especially liked and relished.

A boiled turkey is carved in the same manner as when roasted.
CHAPTER XXII.—General observations on game.

1006. THE COMMON LAW OF ENGLAND has a maxim, that goods, in which no person can claim any property, belong, by his or her prerogative, to the king or queen. Accordingly, those animals, those feræ naturæ, which come under the denomination of game, are, in our laws, styled his or her majesty's, and may therefore, as a matter of course, be granted by the sovereign to another; in consequence of which another may prescribe to possess the same within a certain precinct or lordship. From this circumstance arose the right of lords of manors or others to the game within their respective liberties; and to protect these species of animals, the game laws were originated, and still remain in force. There are innumerable acts of parliament inflicting penalties on persons who may illegally kill game, and some of them are very severe; but they cannot be said to answer their end, nor can it be expected that they ever will, whilst there are so many persons of great wealth who have not otherwise the means of procuring game, except by purchase, and who will have it. These must necessarily encourage poaching, which, to a very large extent, must continue to render all game laws nugatory as to their intended effects upon the rustic population.

1007. THE OBJECT OF THESE LAWS, however, is not wholly confined to the restraining of the illegal sportsman. Even qualified or privileged persons must not kill game at all seasons. During the day, the hours allowed for sporting are from one hour before sunrise till one hour after sunset; whilst the time of killing certain species is also restricted to certain seasons. For example, the season for bustard-shooting is from December 1 to March 1; for grouse, or red grouse, from August 12 to December 10;
heath-fowl, or black-game, from August 20 to December 20; partridges from September 1 to February 12; pheasants from October 1 to February 1; widgeons, wild ducks, wild geese, wild fowls, at any time but in June, July, August, and September. Hares may be killed at any time of the year, under certain restrictions defined by an act of parliament of the 10th of George III.

1008. THE EXERCISE OR DIVERSION OF PURSUING FOUR-FOOTED BEASTS OF GAME is called hunting, which, to this day, is followed in the field and the forest, with gun and greyhound. Birds, on the contrary, are not hunted, but shot in the air, or taken with nets and other devices, which is called fowling; or they are pursued and taken by birds of prey, which is called hawking, a species of sport now fallen almost entirely into desuetude in England, although, in some parts, showing signs of being revived.

1009. IN PURSUING FOUR-FOOTED BEASTS, such as deer, boars, and hares, properly termed hunting, mankind were, from the earliest ages, engaged. It was the rudest and the most obvious manner of acquiring human support before the agricultural arts had in any degree advanced. It is an employment, however, requiring both art and contrivance, as well as a certain fearlessness of character, combined with the power of considerable physical endurance. Without these, success could not be very great; but, at best, the occupation is usually accompanied with rude and turbulent habits; and, when combined with these, it constitutes what is termed the savage state of man. As culture advances, and as the soil proportionally becomes devoted to the plough or to the sustenance of the tamer or more domesticated animals, the range of the huntsman is proportionally limited; so that when a country has attained to a high state of cultivation, hunting becomes little else than an amusement of the opulent. In the case of fur-bearing animals, however, it is somewhat different; for these continue to supply the wants of civilization with one of its most valuable materials of commerce.

1010. THE THEMES WHICH FORM THE MINSTRELSY OF THE EARLIEST AGES, either relate to the spoils of the chase or the dangers of the battle-field. Even the sacred writings introduce us to Nimrod, the first mighty hunter before the Lord, and tell us that Ishmael, in the solitudes of Arabia, became a skilful bow-man; and that David, when yet young, was not afraid to join in combat with the lion or the bear. The Greek mythology teems with hunting exploits. Hercules overthrows the Nemaean lion, the Erymanthian boar, and the hydra of Lerna; Diana descends to the earth, and pursues the stag; whilst Aesculapius, Nestor, Theseus, Ulysses, and Achilles are all followers of the chase. Aristotle, sage as he was, advises young men to apply themselves early to it; and Plato finds in it something divine. Horace exalts it as a preparative exercise for the path of glory, and several of the heroes of Homer are its ardent votaries. The Romans followed the hunting customs of the Greeks, and the ancient Britons were hunters before Julius Caesar invaded their shores.

1011. ALTHOUGH THE ANCIENT BRITONS FOLLOWED HUNTING, however, they did not confine themselves solely to its pursuit. They bred cattle and tilled the ground, and, to some extent, indicated the rudimentary state of a pastoral and agricultural life; but, in every social change, the sports of the field maintained their place. After the expulsion of the Danes, and during the brief restoration of the Saxon monarchy, these were still followed: even Edward the Confessor, who would join in
no other secular amusements, took the greatest delight, says William of Malmesbury, "to follow a pack of swift hounds in pursuit of game, and to cheer them with his voice."

1012. NOR WAS EDWARD the only English sovereign who delighted in the pleasures of the chase. William the Norman, and his two sons who succeeded him, were passionately fond of the sport, and greatly circumscribed the liberties of their subjects in reference to the killing of game. The privilege of hunting in the royal forests was confined to the king and his favourites; and in order that these umbrageous retreats might be made more extensive, whole villages were depopulated, places of worship levelled with the ground, and every means adopted that might give a sufficient amplitude of space, in accordance with the royal pleasure, for the beasts of the chase. King John was likewise especially attached to the sports of the field; whilst Edward III. was so enamoured of the exercise, that even during his absence at the wars in France, he took with him sixty couples of stag-hounds and as many hare-hounds, and every day amused himself either with hunting or hawking. Great in wisdom as the Scotch Solomon, James I., conceited himself to be, he was much addicted to the amusements of hunting, hawking, and shooting. Yea, it is even asserted that his precious time was divided between hunting, the bottle, and his standish: to the first he gave his fair weather, to the second his dull, and to the third his cloudy. From his days down to the present, the sports of the field have continued to hold their high reputation, not only for the promotion of health, but for helping to form that manliness of character which enters so largely into the composition of the sons of the British soil. That it largely helps to do this there can be no doubt. The late duke of Grafton, when hunting, was, on one occasion, thrown into a ditch. A young curate, engaged in the same chase, cried out, "Lie still, my lord!" leapt over him, and pursued his sport. Such an apparent want of feeling might be expected to have been resented by the duke; but not so. On his being helped up by his attendant, he said, "That man shall have the first good living that falls to my disposal: had he stopped to have given me his sympathy, I never would have given him anything." Such was the manly sentiment of the duke, who delighted in the exemplification of a spirit similarly ardent as his own in the sport, and above the baseness of an assumed sorrow.

1013. THAT HUNTING HAS IN MANY INSTANCES BEEN CARRIED TO AN EXCESS is well known, and the match given by the Prince Esterhazy, regent of Hungary, on the signing of the treaty of peace with France, is not the least extraordinary upon record. On that occasion, there were killed 160 deer, 100 wild boars, 300 hares, and 80 foxes: this was the achievement of one day. Enormous, however, as this slaughter may appear, it is greatly inferior to that made by the contemporary king of Naples on a hunting expedition. That sovereign had a larger extent of ground at his command, and a longer period for the exercise of his talents; consequently, his sport, if it can so be called, was proportionally greater. It was pursued during his journey to Vienna, in Austria, Bohemia, and Moravia; when he killed 5 bears, 1,820 boars, 1,950 deer, 1,145 does, 1,625 roebucks, 11,121 rabbits, 13 wolves, 17 badgers, 16,354 hares, and 354 foxes. In birds, during the same expedition, he killed 15,350 pheasants and 12,335 partridges. Such an amount of destruction can hardly be called sport; it resembles more the indiscriminate slaughter of a battle-field, where the scientific engines of civilized warfare are brought to bear upon defenceless savages.
1014. DEER AND HARES may be esteemed as the only four-footed animals now hunted in Britain for the table; and even those are not followed with the same ardour as they were wont to be. Still, there is no country in the world where the sport of hunting on horseback is carried to such an extent as in Great Britain, and where the pleasures of the chase are so well understood, and conducted on such purely scientific principles. The Fox, of all "the beasts of the field," is now considered to afford the best sport. For this, it is infinitely superior to the stag; for the real sportsman can only enjoy that chase when the deer is sought for and found like other game which are pursued with hounds. In the case of finding an outlying fallow-deer, which is unharboured, in this manner, great sport is frequently obtained; but this is now rarely to be met with in Britain. In reference to hare-hunting, it is much followed in many parts of this and the sister island; but, by the true foxhunter, it is considered as a sport only fit to be pursued by women and old men. Although it is less dangerous and exciting than the fox-chase, however, it has great charms for those who do not care for the hard riding which the other requires.

1015. THE ART OF TAKING OR KILLING BIRDS is called "fowling," and is either practised as an amusement by persons of rank or property, or for a livelihood by persons who use nets and other apparatus. When practised as an amusement, it principally consists of killing them with a light firearm called a "fowling-piece," and the sport is secured to those who pursue it by the game laws. The other means by which birds are taken, consist in imitating their voices, or leading them, by other artifices, into situations where they become entrapped by nets, birdlime, or otherwise. For taking large numbers of birds, the pipe or call is the most common means employed; and this is done during the months of September and October. We will here briefly give a description of the modus operandi pursued in this sport. A thin wood is usually the spot chosen, and, under a tree at a little distance from the others, a cabin is erected, and there are only such branches left on the tree as are necessary for the placing of the birdlime, and which are covered with it. Around the cabin are placed avenues with twisted perches, also covered with birdlime. Having thus prepared all that is necessary, the birdcatcher places himself in the cabin, and, at sunrise and sunset, imitates the cry of a small bird calling the others to its assistance. Supposing that the cry of the owl is imitated, immediately different kinds of birds will flock together at the cry of their common enemy, when, at every instant, they will be seen falling to the ground, their wings being of no use to them, from their having come in contact with the birdlime. The cries of those which are thus situated now attract others, and thus are large numbers taken in a short space of time. If owls were themselves desired to be taken, it is only during the night that this can be done, by counterfeiting the squeak of the mouse. Larks, other birds, and water-fowl, are sometimes taken by nets; but to describe fully the manner in which this is done, would here occupy too much space.

1016. FEATHERED GAME HAVE FROM TIME IMMEMORIAL given gratification to the palate of man. With the exception of birds of prey, and some other species, Moses permitted his people to eat them; and the Egyptians made offerings to their priests of their most delicate birds. The ancient Greeks commenced their repasts with little roasted birds; and feathered game, amongst the Romans, was served as the second course. Indeed, several of the ancient gourmands of the "imperial city" were so fond of game, that they brought themselves to ruin by eating flamingoes and pheasants. "Some modern nations, the French among others," says Monsieur Soyer,
"formerly ate the heron, crane, crow, stork, swan, cormorant, and bittern. The first three especially were highly esteemed; and Laillevant, cook of Charles VII., teaches us how to prepare these meagre, tough birds. Belon says, that in spite of its revolting taste when unaccustomed to it, the bittern is, however, among the delicious treats of the French. This writer also asserts, that a falcon or a vulture, either roasted or boiled, is excellent eating; and that if one of these birds happened to kill itself in flying after game, the falconer instantly cooked it. Lebaut calls the heron a royal viand."

1017. THE HERON WAS HUNTED BY THE HAWK, and the sport of hawking is usually placed at the of those amusements that can only be practised in the country. This precedence it probably obtained from its being a pastime to generally followed by the nobility, not in Great Britain only, but likewise on the continent. In former times, persons of high rank rarely appeared in public without their dogs and their hawks: the latter they carried with them when they journeyed from one country to another, and sometimes even took them to battle with them, and would not part with them when taken prisoners, even to obtain their own liberty. Such birds were esteemed as the ensigns of nobility, and no action was reckoned more dishonourable in a man of rank than that of giving up his hawk. We have already alluded to the hunting propensities of our own Edward III., and we may also allude to his being equally addicted to hawking. According to Froissart, when this sovereign invaded France, he took with him thirty falconers on horseback, who had charge of his hawks, and every day, as his royal fancy inclined him, he either hunted, or went to the river for the purpose of hawking. In the great and powerful, the pursuit of game as a sport is allowable, but in those who have to earn their bread by the sweat of their brow, it is to be condemned. In Burton's "Anatomy of Melancholy" we find a humorous story, told by Poggius, the Florentine, who reprobes this folly in such persons. It is this. A physician of Milan, that cured madmen, had a pit of water in his house, in which he kept his patients, some up to the knees, some to the girdle, some to the chin, pro modo insaniae, as they were more or less affected. One of them by chance, that was well recovered, stood in the door, and seeing a gallant pass by with a hawk on his fist, well mounted, with his spaniels after him, would needs know to what use all this preparation served. He made answer, To kill certain fowl. The patient demanded again, what his fowl might be worth which he killed in a year? He replied, Five or ten crowns; and when he urged him further, what his dogs, horse, and hawks stood him in, he told him four hundred crowns. With that the patient bade him begone, as he loved his life and welfare; "for if our master come and find thee here, he will put thee in the pit, amongst the madmen, up to the chin." Thus reproving the madness of such men as will spend themselves in those vain sports, to the neglect of their business and necessary affairs.

1018. AS THE INEVITABLE RESULT OF SOCIAL PROGRESS is, at least to limit, if not entirely to suppress, such sports as we have here been treating of, much of the romance of country life has passed away. This is more especially the case with falconry, which had its origin about the middle of the fourth century, although, lately, some attempts have been rather successfully made to institute a revival of the "gentle art" of hawking. Julius Firmicus, who lived about that time, is, so far as we can find, the first Latin author who speaks of falconers, and the art of teaching one species of birds to fly after and catch others. The occupation of these functionaries has now, however, all but ceased. New and nobler efforts characterize the aims of mankind in the development of their civilization, and the sports of the field have, to a large extent,
been superseded by other exercises, it may be less healthful and invigorating, but certainly more elegant, intellectual, and humanizing.
CHAPTER XXIII.—Game recipes.

ROAST BLACK-COCK.

1019. INGREDIENTS.—Black-cock, butter, toast.

Mode.—Let these birds hang for a few days, or they will be tough and tasteless, if not well kept. Pluck and draw them, and wipe the insides and outsides with a damp cloth, as washing spoils the flavour. Cut off the heads, and truss them, the same as a roast fowl, cutting off the toes, and scalding and peeling the feet. Trussing them with the on, as shown in the engraving, is still practised by many cooks, but the former method is now considered the best. Put them down to a brisk fire, well baste them with butter, and serve with a piece of toast under, and a good gravy and bread sauce. After trussing, some cooks cover the breast with vine-leaves and slices of bacon, and then roast them. They should be served in the same manner and with the same accompaniments as with the plainly-roasted birds.

Time.—45 to 50 minutes.

Average cost, from 5s. to 6s. the brace; but seldom bought.

Sufficient,—2 or 3 for a dish.

Seasonable from the middle of August to the end of December.
period they eagerly and even voraciously pick the bilberries and cranberries from the bushes. Large numbers of these birds are found in Norway, almost rivalling the turkey in point of size. Some of them have begun to be imported into London, where they are vended in the shops; but the flavour of their flesh is not equal to that of the Scotch bird.

HASHED WILD DUCK.

1020. INGREDIENTS.—The remains of cold roast wild duck, 1 pint of good brown gravy, 2 tablespoonfuls of bread crumbs, 1 glass of claret, salt, cayenne, and mixed spices to taste; 1 tablespoonful of lemon or Seville orange-juice.

Mode.—Cut the remains of the duck into neat joints, put them into a stewpan, with all the above ingredients; let them get gradually hot by the side of the fire, and occasionally stir the contents; when on the point of boiling, serve, and garnish the dish with sippets of toasted bread.

Time.—About ¼ hour.

Seasonable from November to February.

RAGOUT OF WILD DUCK.

1021. INGREDIENTS.—2 wild ducks, 4 shalots, 1 pint of stock No. 105, 1 glass of port wine, 1 oz. of butter, a little flour, the juice of ½ lemon, cayenne and salt to taste.

Mode.—Ducks that have been dressed and left from the preceding day will answer for this dish. Cut them into joints, reserve the legs, wings, and breasts until wanted; put the trimmings into a stewpan with the shalots and stock, and let them simmer for about ½ hour, and strain the gravy. Put the butter into a stewpan; when melted, dredge in a little flour, and pour in the gravy made from the bones; give it one boil, and strain it again; add the wine, lemon-juice, and cayenne; lay in the pieces of duck, and let the whole gradually warm through, but do not allow it to boil, or the duck will be hard. The gravy should not be too thick, and should be very highly seasoned. The squeeze of a Seville orange is a great improvement to this dish.

Time.—About ½ hour to make the gravy; ¼ hour for the duck gradually to warm through.

Seasonable from November to February.

ROAST WILD DUCK.

1022. INGREDIENTS.—Wild duck, flour, butter.

Mode.—Carefully pluck and draw them; Cut off the heads close to the necks, leaving sufficient skin to turn over, and do not cut off the feet; some twist each leg at the knuckle, and rest the claws on each side of the breast; others truss them as shown in our Illustration. Roast the
birds before a quick fire, and, when they are first put down, let them remain for 5 minutes without basting
(this will keep the gravy in); afterwards baste plentifully with butter, and a few minutes before serving dredge them lightly with flour; baste well, and send them to table nicely frothed, and full of gravy. If overdone, the birds will lose their flavour.
Serve with a good gravy in the dish, or orange gravy, No. 488; and send to table with them a cut lemon. To take off the fishy taste which wild fowl sometimes have, baste them for a few minutes with hot water to which have been added an onion and a little salt; then take away the pan, and baste with butter.—See coloured plate, G1.

Time.—When liked underdressed, 20 to 25 minutes; well done, 25 to 35 minutes.

Average cost, 4s. to 5s. the couple.

Sufficient,—2 for a dish.

Seasonable from November to February.

THE WILD DUCK.—The male of the wild duck is called a mallard; and the young ones are called flappers. The time to try to find a brood of these is about the month of July, among the rushes of the deepest and most retired parts of some brook or stream, where, if the old bird is sprung, it may be taken as a certainty that its brood is not far off. When once found, flappers are easily killed, as they attain their full growth before their wings are fledged. Consequently, the sport is more like hunting water-rats than shooting birds. When the flappers take wing, they assume the name of wild ducks, and about the month of August repair to the corn-fields, where they remain until they are disturbed by the harvest-people. They then frequent the rivers pretty early in the evening, and give excellent sport to those who have patience to wait for them. In order to know a wild duck, it is necessary only to look at the claws, which should be black.

HASHED GAME
(Cold Meat Cookery).

1023. INGREDIENTS.—The remains of cold game, 1 onion stuck with 3 cloves, a few whole peppers, a strip of lemon-peel, salt to taste, thickening of butter and flour, 1 glass of port wine, 1 tablespoonful of lemon-juice, 1 tablespoonful of ketchup, 1 pint of water or weak stock.

Mode.—Cut the remains of cold game into joints, reserve the best pieces, and the inferior ones and trimmings put into a stewpan with the onion, pepper, lemon-peel, salt, and water or weak stock; stew these for about an hour, and strain the gravy; thicken it with butter and flour; add the wine, lemon-juice, and ketchup; lay in the pieces of game, and let them gradually warm through by the side of the fire; do not
allow it to boil, or the game will be hard. When on the point of simmering, serve, and
garnish the dish with sippets of toasted bread.

*Time.—* Altogether 1-¼ hour.

*Seasonable* from August to March.

*Note.—* Any kind of game may be hashed by the above recipe, and the flavour may be
varied by adding flavoured vinegars, curry powder, &c.; but we cannot recommend
these latter ingredients, as a dish of game should really have a gamy taste; and if too
many sauces, essences, &c., are added to the gravy, they quite overpower and destroy
the flavour the dish should possess.

**GROUSE PIE.**

1024. **INGREDIENTS.**—Grouse; cayenne, salt, and pepper to taste; 1 lb. of rump-
steak, ½ pint of well-seasoned broth, puff paste.

*Mode.—* Line the bottom of a pie-dish with the rump-steak cut into neat pieces, and,
should the grouse be large, cut them into joints; but, if small, they may be laid in the
pie whole; season highly with salt, cayenne, and black pepper; pour in the broth, and
cover with a puff paste; brush the crust over with the yolk of an egg, and bake from ¾
to 1 hour. If the grouse is cut into joints, the backbones and trimmings will make the
gravy, by stewing them with an onion, a little sherry, a bunch of herbs, and a blade of
mace: this should be poured in after the pie is baked.

*Time.—* ¾ to 1 hour.

*Average cost, exclusive of the grouse, which are seldom bought, 1s. 9d.*

*Seasonable* from the 12th of August to the beginning of December.

**ROAST GROUSE.**

1025. **INGREDIENTS.**—Grouse, butter, a
thick slice of toasted bread.

*Mode.—* Let the birds hang as long as
possible; pluck and draw them; wipe, but do
not wash them, inside and out, and truss them
without the , the same as for a roast fowl.
Many persons still continue to truss them
with the under the wing, but the former is now considered the most approved method.
Put them down to a sharp clear fire; keep them well basted the whole of the time they
are cooking, and serve them on a buttered toast, soaked in the dripping-pan, with a
little melted butter poured over them, or with bread-sauce and gravy.—See coloured
plate, L1.

*Time.—* ½ hour; if liked very thoroughly done, 35 minutes.
Average cost, 2s. to 2s. 6d. the brace; but seldom bought.

Sufficient.—2 for a dish.

Seasonable from the 12th of August to the beginning of December.

GROUSE.—These birds are divided into wood grouse, black grouse, red grouse, and white grouse. The wood grouse is further distinguished as the cock of the wood, or capercalzie, and is as large as the turkey, being about two feet nine inches in length, and weighing from twelve to fifteen pounds. The female is considerably less than the male, and, in the colour of her feathers, differs widely from the other. This beautiful species is found principally in lofty, mountainous regions, and is very rare in Great Britain; but in the pine forests of Russia, Sweden, and other northern countries, it is very common. In these it has its habitat, feeding on the cones of the trees, and the fruits of various kinds of plants, especially the berry of the jumper. Black grouse is also distinguished as black-game, or the black-cock. It is not larger than the common hen, and weighs only about four pounds. The female is about one-third less than the male, and also differs considerably from him in point of colour. Like the former, they are found chiefly in high situations, and are common in Russia, Siberia, and other northern countries. They are also found in the northern parts of Great Britain, feeding in winter on the various berries and fruits belonging to mountainous countries, and, in summer, frequently descending to the lower lands, to feed upon corn. The red grouse, gorcock, or moor-cock, weighs about nineteen ounces, and the female somewhat less. In the wild heathy tracts of the northern counties of England it is plentiful, also in Wales and the Highlands of Scotland. Mr. Pennant considered it peculiar to Britain, those found in the mountainous parts of Spain, France, and Italy, being only varieties of the same bird. White grouse, white game, or ptarmigan, is nearly the same size as the red grouse, and is found in lofty situations, where it supports itself in the severest weather. It is to be met with in most of the northern countries of Europe, and appears even in Greenland. In the Hebrides, Orkneys, and the Highlands of Scotland, it is also found; and sometimes, though rarely, among the fells of Northumberland and Cumberland. In winter they fly in flocks, and are so little familiar with the sight of man, that they are easily shot, and even snared. They feed on the wild produce of the hills, which sometimes imparts to their flesh a bitter but not unpalatable taste. According to Buffon, it is dark-coloured, and somewhat flavoured like the hare.

GROUSE SALAD.
(Soyer's Recipe.)

1026. INGREDIENTS.—8 eggs, butter, fresh salad, 1 or 2 grouse; for the sauce, 1 teaspoonful of minced shalot, 1 teaspoonful of pounded sugar, the yolk of 1 egg, 1 teaspoonful of minced parsley, ¼ oz. of salt, 4 tablespoonfuls of oil, 2 tablespoonfuls of Chili vinegar, 1 gill of cream.

Mode.—Boil the eggs hard, shell them, throw them into cold water cut a thin slice off the bottom to facilitate the proper placing of them in the dish, cut each one into four lengthwise, and make a very thin flat border of butter, about one inch from the edge of
the dish the salad is to be served on; fix the pieces of egg upright close to each other, the yolk outside, or the yolk and white alternately; lay in the centre a fresh salad of whatever is in season, and, having previously roasted the grouse rather underdone, cut it into eight or ten pieces, and prepare the sauce as follows:—Put the shalots into a basin, with the sugar, the yolk of an egg, the parsley, and salt, and mix in by degrees the oil and vinegar; when these ingredients are well mixed, put the sauce on ice or in a cool place. When ready to serve, whip the cream rather thick, which lightly mix with it; then lay the inferior parts of the grouse on the salad, sauce over so as to cover each piece, then lay over the salad and the remainder of the grouse, pour the rest of the sauce over, and serve. The eggs may be ornamented with a little dot of radishes or beetroot on the point. Anchovy and gherkin, cut into small diamonds, may be placed between, or cut gherkins in slices, and a border of them laid round. Tarragon or chervil-leaves are also a pretty addition. The remains of cold black-game, pheasant, or partridge may be used in the above manner, and will make a very delicate dish.

Average cost, 2s. 6d.

Seasonable from the 12th of August to the beginning of December.
1027. INGREDIENTS.—Hare, forcemeat No. 417, a little milk, butter.

Choosing and Trussing.—Choose a young hare; which may be known by its smooth and sharp claws, and by the cleft in the lip not being much spread. To be eaten in perfection, it must hang for some time; and, if properly taken care of, it may be kept for several days. It is better to hang without being paunched; but should it be previously emptied, wipe the inside every day, and sprinkle over it a little pepper and ginger, to prevent the musty taste which long keeping in the damp occasions, and which also affects the stuffing. After it is skinned, wash it well, and soak for an hour in warm water to draw out the blood; if old, let it lie in vinegar for a short time, but wash it well afterwards in several waters. Make a forcemeat by recipe No. 417, wipe the hare dry, fill the belly with it, and sew it up. Bring the hind and fore legs close to the body towards the , run a skewer through each, fix the between the shoulders by means of another skewer, and be careful to leave the ears on. Pat a string round the body from skewer to skewer, and tie it above the back.

Mode.—The hare should be kept at a distance from the fire when it is first laid down, or the outside will become dry and hard before the inside is done. Baste it well with milk for a short time, and afterwards with butter; and particular attention must be paid to the basting, so as to preserve the meat on the back juicy and nutritive. When it is almost roasted enough, flour the hare, and baste well with butter. When nicely frothed, dish it, remove the skewers, and send it to table with a little gravy in the dish, and a tureen of the same. Red-currant jelly must also not be forgotten, as this is an indispensable accompaniment to roast hare. For economy, good beef dripping may be substituted for the milk and butter to baste with; but the basting, as we have before stated, must be continued without intermission. If the liver is good, it maybe parboiled, minced, and mixed with the stuffing; but it should not be used unless quite fresh.—See coloured plate, E1.

Time.—A middling-sized hare, 1-¼ hour; a large hare, 1-½ to 2 hours.

Average cost, from 4s. to 6s.

Sufficient for 5 or 6 persons.

Seasonable from September to the end of February.

POTTED HARE
(a Luncheon or Breakfast Dish).

1028. INGREDIENTS.—1 hare, a few slices of bacon, a large bunch of savoury herbs, 4 cloves, ½ teaspoonful of whole allspice, 2 carrots, 2 onions, salt and pepper to taste, 1 pint of water, 2 glasses of sherry.
Mode.—Skin, empty, and wash the hare; cut it down the middle, and put it into a stewpan, with a few slices of bacon under and over it; add the remaining ingredients, and stew very gently until the hare is tender, and the flesh will separate easily from the bones. When done enough, take it up, remove the bones, and pound the meat, with the bacon, in a mortar, until reduced to a perfectly smooth paste. Should it not be sufficiently seasoned, add a little cayenne, salt, and pounded mace, but be careful that these are well mixed with the other ingredients. Press the meat into potting-pots, pour over clarified butter, and keep in a dry place. The liquor that the hare was stewed in, should be saved for hashes, soups, &c. &c.

Time.—About 2½ hours to stew the hare.

Seasonable from September to the end of February.

THE HARE.—This little animal is found generally distributed over Europe, and, indeed, in most parts of the northern world. Its extreme timidity is the endowment which Providence has bestowed upon it as a means of defence; it is therefore attentive to every sound, and is supplied with ears both long and tubular, with which it can hear with great acuteness. Its eyes, also, are so constructed, and placed so prominent in its, that it can see both before and behind it. It lives entirely upon vegetables, but its flesh is considered dry, notwithstanding that it is deemed, in many respects, superior to that of the rabbit, being more savoury, and of a much higher flavour. Its general time of feeding is the evening; but during the day, if not disturbed, it adheres closely to its form.

BROILED HARE
(a Supper or Luncheon Dish).

1029. INGREDIENTS.—The leg and shoulders of a roast hare, cayenne and salt to taste, a little butter.

Mode.—Cut the legs and shoulders of a roast hare, season them highly with salt and cayenne, and broil them over a very clear fire for 5 minutes. Dish them on a hot dish, rub over them a little cold butter, and send to table very quickly.

Time.—5 minutes.

Seasonable from September to the end of February.

HASHED HARE.

1030. INGREDIENTS.—The remains of cold roast hare, 1 blade of pounded mace, 2 or 3 allspice, pepper and salt to taste, 1 onion, a bunch of savoury herbs, 3
tablesponfuls of port wine, thickening of butter and flour, 2 tablespoonfuls of mushroom ketchup.

Mode.—Cut the cold hare into neat slices, and put the bones, and trimmings into a stewpan, with ¾ pint of water; add the mace, allspice, seasoning, onion, and herbs, and stew for nearly an hour, and strain the gravy; thicken it with butter and flour, add the wine and ketchup, and lay in the pieces of hare, with any stuffing that may be left. Let the whole gradually heat by the side of the fire, and, when it has simmered for about 5 minutes, serve, and garnish the dish with sippets of toasted bread. Send redcurrant jelly to table with it.

Time.—Rather more than 1 hour.

Average cost, exclusive of the cold hare, 6d.

Seasonable from September to the end of February.

JUGGED HARE.
(Very Good.)

II.

1032. INGREDIENTS.—1 hare, a bunch of sweet herbs, 2 onions, each stuck with 3 cloves, 6 whole allspice, ½ teaspoonful of black pepper, a strip of lemon-peel, thickening of butter and flour, 2 tablespoonfuls of mushroom ketchup, ¼ pint of port wine.

Mode.—Skin, paunch, and wash the hare, cut it into pieces, dredge them with flour, and fry in boiling butter. Have ready 1-½ pint of gravy, made from the above proportion of beef, and thickened with a little flour. Put this into a jar; add the pieces of fried hare, an onion stuck with six cloves, a lemon peeled and cut in half, and a good seasoning of pepper, cayenne, and salt; cover the jar down tightly, put it up to the neck into a stewpan of boiling water, and let it stew until the hare is quite tender, taking care to keep the water boiling. When nearly done, pour in the wine, and add a few forcemeat balls, made by recipe No. 417: these must be fried or baked in the oven for a few minutes before they are put to the gravy. Serve with red-currant jelly.

Time.—3-½ to 4 hours. If the hare is very old, allow 4-½ hours.

Average cost, 7s.

Sufficient for 7 or 8 persons.

Seasonable from September to the end of February.
Mode.—Wash the hare nicely, cut it up into joints (not too large), and flour and brown them as in the preceding recipe; then put them into a stewpan with the herbs, onions, cloves, allspice, pepper, and lemon-peel; cover with hot water, and when it boils, carefully remove all the scum, and let it simmer gently till tender, which will be in about 1-¾ hour, or longer, should the hare be very old. Take out the pieces of hare, thicken the gravy with flour and butter, add the ketchup and port wine, let it boil for about 10 minutes, strain it through a sieve over the hare, and serve. A few fried forcemeat balls should be added at the moment of serving, or instead of frying them, they may be stewed in the gravy, about 10 minutes before the hare is wanted for table. Do not omit to serve red-currant jelly with it.

Time.—Altogether 2 hours. Average cost, 5s. 6d.

Sufficient for 7 or 8 persons.

Seasonable from September to the end of February.

Note.—Should there be any left, rewarne it the next day by putting the hare, &c. into a covered jar, and placing this jar in a saucepan of boiling water: this method prevents a great deal of waste.

ROAST LANDRAIL, OR CORN-CRAKE.

1033. INGREDIENTS.—3 or 4 birds, butter, fried bread crumbs.

Mode.—Pluck and draw the birds, wipe them inside and out with damp cloths, and truss them in the following manner:—Bring the round under the wing, and the thighs close to the sides; pass a skewer through them and the body, and keep the legs straight. Roast them before a clear fire, keep them well basted, and serve on fried bread crumbs, with a tureen of brown gravy. When liked, bread-sauce may also be sent to table with them.

Time.—12 to 20 minutes. Average cost,—Seldom bought.

Sufficient.—Allow—1 for a dish.

Seasonable from August 12th to the middle of September.

THE LANDRAIL, OR CORN-CRAKE.—This bird is migratory in its habits, yet from its formation, it seems ill adapted for long aërial passages, its wings being short, and placed so forward out of the centre of gravity, that it flies in an extremely heavy and embarrassed manner, and with its legs hanging down. When it alights, it can hardly be sprung a second time, as it runs very fast, and seems to depend for its safety more on the swiftness of its feet than the celerity of its wings. It makes its
appearance in England about the same time as the quail, that is, in the months of April and May, and frequents the same places. Its singular cry is first heard when the grass becomes long enough to shelter it, and it continues to be heard until the grass is cut. The bird, however, is seldom seen, for it constantly skulks among the thickest portions of the herbage, and runs so nimbly through it, doubling and winding in every direction, that it is difficult to get near it. It leaves this island before the winter, and repairs to other countries in search of its food, which principally consists of slugs, large numbers of which it destroys. It is very common in Ireland, and, whilst migrating to this country, is seen in great numbers in the island of Anglesea. On its first arrival in England, it is so lean as scarcely to weigh above five or six ounces; before its departure, however, it has been known to exceed eight ounces, and is then most delicious eating.

TO DRESS A LEVERET.

1034. INGREDIENTS.—2 leverets, butter, flour.

Mode.—Leverets should be trussed in the same manner as a hare, but they do not require stuffing. Roast them before a clear fire, and keep them well basted all the time they are cooking. A few minutes before serving, dredge them lightly with flour, and froth them nicely. Serve with plain gravy in the dish, and send to table red-currant jelly with them.

Time.—½ to ¾ hour. Average cost, in full season, 4s. each.

Sufficient for 5 or 6 persons.

Seasonable from May to August, but cheapest in July and August.

BROILED PARTRIDGE
(a Luncheon, Breakfast, or Supper Dish).

1035. INGREDIENTS.—3 partridges, salt and cayenne to taste, a small piece of butter, brown gravy or mushroom sauce.

Mode.—Pluck, draw, and cut the partridges in half, and wipe the inside thoroughly with a damp cloth. Season them with salt and cayenne, broil them over a very clear fire, and dish them on a hot dish; rub a small piece of butter over each half, and send them to table with brown gravy or mushroom sauce.

Time.—About ¼ hour. Average cost, 1s. 6d. to 2s. a brace.

Sufficient for 3 or 4 persons.

Seasonable from the 1st of September to the beginning of February.

PARTRIDGE PIE.

1036. INGREDIENTS.—3 partridges, pepper and salt to taste, 1 teaspoonful of minced parsley
   (when obtainable, a few mushrooms), ¾ lb. of veal cutlet, a slice of ham, ½ pint of stock, puff paste.
Mode.—Line a pie-dish with a veal cutlet; over that place a slice of ham and a seasoning of pepper and salt. Pluck, draw, and wipe the partridges; cut off the legs at the first joint, and season them inside with pepper, salt, minced parsley, and a small piece of butter; place them in the dish, and pour over the stock; line the edges of the dish with puff paste, cover with the same, brush it over with the yolk of an egg, and bake for ¾ to 1 hour.

Time.—¾ to 1 hour. Average cost, 1s. 6d. to 2s. a brace.

Sufficient for 4 or 5 persons.

Seasonable from the 1st of September to the beginning of February.

Note.—Should the partridges be very large, split them in half; they will then lie in the dish more compactly. When at hand, a few mushrooms should always be added.

**POTTED PARTRIDGE.**

1037. INGREDIENTS.—Partridges; seasoning to taste of mace, allspice white pepper, and salt; butter, coarse paste.

Mode.—Pluck and draw the birds, and wipe them inside with a damp cloth. Pound well some mace, allspice, white pepper, and salt; mix together, and rub every part of the partridges with this. Pack the birds as closely as possible in a baking-pan, with plenty of butter over them, and cover with a coarse flour and water crust. Tie a paper over this, and bake for rather more than 1-½ hour; let the birds get cold, then cut them into pieces for keeping, pack them closely into a large potting-pot, and cover with clarified butter. This should be kept in a cool dry place. The butter used for potted things will answer for basting, or for paste for meat pies.—See coloured plate, D1.

Time.—1-½ hour.

Seasonable from the 1st of September to the beginning of February.

**SALMI DE PERDRIX, or HASHED PARTRIDGES.**

1038. INGREDIENTS.—3 young partridges, 3 shalots, a slice of lean ham, 1 carrot, 3 or 4 mushrooms, a bunch of savoury herbs, 2 cloves, 6 whole peppers, ¾ pint of stock, 1 glass of sherry or Madeira, a small lump of sugar.

Mode.—After the partridges are plucked and drawn, roast them rather underdone, and cover them with paper, as they should not be browned; cut them into joints, take off the skin from the wings, legs, and breasts; put these into a stewpan, cover them up, and set by until the gravy is ready. Cut a slice of ham into small pieces, and put them, with the carrots sliced, the shalots, mushrooms, herbs, cloves, and pepper, into a stewpan; fry them lightly in a little butter, pour in the stock, add the bones and trimming from the partridges, and simmer for ¼ hour. Strain the gravy, let it cool, and skim off every particle of fat; put it to the legs, wings, and breasts, add a glass of sherry or Madeira and a small lump of sugar, let all gradually warm through by the side of the fire, and when on the point of boiling, serve, and garnish the dish with
croûtons. The remains of roast partridge answer very well dressed in this way, although not so good as when the birds are in the first instance only half-roasted. This recipe is equally suitable for pheasants, moor-game, &c.; but care must be taken always to skin the joints.

Time.—Altogether 1 hour.

Sufficient.—2 or 3 partridges for an entrée.

Seasonable from the 1st of September to the beginning of February.

ROAST PARTRIDGE.

1039. INGREDIENTS.—Partridge; butter.

Choosing and Trussing.—Choose young birds, with dark-coloured bills and yellowish legs, and let them hang a few days, or there will be no flavour to the flesh, nor will it be tender. The time they should be kept, entirely depends on the taste of those for whom they are intended, as what some persons would consider delicious, would be to others disgusting and offensive. They may be trussed with or without the skin, the latter mode being now considered the most fashionable. Pluck, draw, and wipe the partridge carefully inside and out; cut off the skin, leaving sufficient skin on the neck to skewer back; bring the legs close to the breast, between it and the side-bones, and pass a skewer through the pinions and the thick part of the thighs. When the skin is left on, it should be brought round and fixed on to the point of the skewer.

Mode.—When the bird is firmly and plumply trussed, roast it before a nice bright fire; keep it well basted, and a few minutes before serving, flour and froth it well. Dish it, and serve with gravy and bread sauce, and send to table hot and quickly. A little of the gravy should be poured over the bird.—See coloured plate, D1.

Time.—25 to 35 minutes. Average cost, is 1s. 6d. to 2s. a brace.

Sufficient,—2 for a dish.

Seasonable from the 1st of September to the beginning of February.

THE PARTRIDGE.—This bird is to be found in nearly all the temperate countries of Europe, but is most abundant in the Ukraine, although it is unable to bear the extremes of climate, whether hot or cold. It was formerly very common in France, and is considered a table luxury in England. The instinct of this bird is frequently exemplified in a remarkable manner, for the preservation of its young. "I have
seen it often," says a very celebrated writer, and an accurate observer of nature, "and once in particular, I saw an extraordinary instance of an old bird's solicitude to save its brood. As I was hunting with a young pointer, the dog ran on a brood of very small partridges; the old bird cried, fluttered, and ran tumbling along just before the dog's nose, till she had drawn him to a considerable distance, when she took wing, and flew still further off, but not out of the field; on this the dog returned to me, near the place where the young ones lay concealed in the grass, which the old bird no sooner perceived than she flew back to us, settled just before the dog's nose again, and by rolling and tumbling about, drew off his attention from her young, and thus preserved her brood a second time. I have also seen, when a kite has been hovering over a covey of young partridges, the old birds fly up at the bird of prey, screaming and fighting with all their might to preserve their brood." Partridges should be chosen young; if old, they are valueless. The young ones are generally known by their yellow legs and dark-coloured bills.

**PHEASANT CUTLETS.**

1040. INGREDIENTS.—2 or 3 pheasants, egg and bread crumbs, cayenne and salt to taste, brown gravy.

*Mode.*—Procure 3 young pheasants that have been hung a few days; pluck, draw, and wipe them inside; cut them into joints; remove the bones from the best of these; and the backbones, trimmings, &c., put into a stewpan, with a little stock, herbs, vegetables, seasoning, &c., to make the gravy. Flatten and trim the cutlets of a good shape, egg and bread crumb them, broil them over a clear fire, pile them high in the dish, and pour under them the gravy made from the bones, which should be strained, flavoured, and thickened. One of the small bones should be stuck on the point of each cutlet.

*Time.*—10 minutes. *Average cost*, 2s. 6d. to 3s. each.

*Sufficient* for 2 entrées.

*Seasonable* from the 1st of October to the beginning of February.

**ROAST PHEASANT.**

1041. INGREDIENTS.—Pheasant, flour, butter.

*Choosing and Trussing.*—Old pheasants may be known by the length and sharpness of their spurs; in young ones they are short and blunt. The cock bird is generally reckoned the best, except when the hen is with egg. They should hang some time before they are dressed, as, if they are cooked fresh, the flesh will be exceedingly dry and tasteless. After the bird is plucked and drawn, wipe the inside with a damp cloth, and truss it in the same manner as partridge, No. 1039. If the is left on, as shown in the engraving, bring it round under the wing, and fix it on to the point of the skewer.

*Mode.*—Roast it before a brisk fire, keep it well basted, and flour and froth it nicely. Serve with brown gravy, a little of which should be poured round the bird, and a tureen of bread sauce. 2 or 3 of the pheasant's best tail-feathers are sometimes stuck in the tail as an ornament; but
the fashion is not much to be commended.—See coloured plate, F1.

_Time._—½ to 1 hour, according to the size.

_Average cost._ 2s. 6d. to 3s. each. _Sufficient._—1 for a dish.

_Seasonable_ from the 1st of October to the beginning of February.

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**THE PHEASANT.**—This beautiful bird is said to have been discovered by the Argonauts on the banks of the Phasis, near Mount Ararat, in their expedition to Colchis. It is common, however, in almost all the southern parts of the European continent, and has been long naturalized in the warmest and most woody counties of England. It is very common in France; indeed, so common as to be esteemed a nuisance by the farmers. Although it has been domesticated, this is not easily accomplished, nor is its flesh so palatable then as it is in the wild state. Mr. Ude says,—"It is not often that pheasants are met with possessing that exquisite taste which is acquired only by long keeping, as the damp of this climate prevents their being kept as long as they are in other countries. The hens, in general, are the most delicate. The cocks show their age by their spurs. They are only fit to be eaten when the blood begins to run from the bill, which is commonly six days or a week after they have been killed. The flesh is white, tender, and has a good flavour, if you keep it long enough; if not, it is not much different from that of a common fowl or hen."

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**BRILLAT SAVARIN'S RECIPE FOR ROAST PHEASANT, a la Sainte Alliance.**

1042. When the pheasant is in good condition to be cooked (see No. 1041), it should be plucked, and not before. The bird should then be stuffed in the following manner:—Take two snipes, and draw them, putting the bodies on one plate, and the livers, &c., on another. Take off the flesh, and mince it finely with a little beef, lard, a few truffles, pepper and salt to taste, and stuff the pheasant carefully with this. Cut a slice of bread, larger considerably than the bird, and cover it with the liver, &c., and a few truffles: an anchovy and a little fresh butter added to these will do no harm. Put the bread, &c., into the dripping-pan, and, when the bird is roasted, place it on the preparation, and surround it with Florida oranges.

Do not be uneasy, Savarin adds, about your dinner; for a pheasant served in this way is fit for beings better than men. The pheasant itself is a very good bird; and, imbibing the dressing and the flavour of the truffle and snipe, it becomes thrice better.
BROILED PHEASANT
(a Breakfast or Luncheon Dish).

1043. INGREDIENTS.—1 pheasant, a little lard, egg and bread crumbs, salt and cayenne to taste.

Mode.—Cut the legs off at the first joint, and the remainder of the bird into neat pieces; put them into a fryingpan with a little lard, and when browned on both sides, and about half done, take them out and drain them; brush the pieces over with egg, and sprinkle with bread crumbs with which has been mixed a good seasoning of cayenne and salt. Broil them over a moderate fire for about 10 minutes, or rather longer, and serve with mushroom-sauce, sauce piquante, or brown gravy, in which a few game-bones and trimmings have been stewed.

Time.—Altogether ½ hour. Sufficient for 4 or 5 persons.

Seasonable from the 1st of October to the beginning of February.

THE HEIGHT OF EXCELLENCE IN A PHEASANT.—Things edible have their degrees of excellence under various circumstances: thus, asparagus, capers, peas, and partridges are best when young. Perfection in others is only reached when they attain maturity: let us say, for example, melons and nearly all fruits (we must except, perhaps, the medlar), with the majority of those animals whose flesh we eat. But others, again, are not good until decomposition is about to set in; and here we may mention particularly the snipe and the pheasant. If the latter bird be eaten so soon as three days after it has been killed, it then has no peculiarity of flavour; a pullet would be more relished, and a quail would surpass it in aroma. Kept, however, a proper length of time,—and this can be ascertained by a slight smell and change of colour,—then it becomes a highly, flavoured dish, occupying, so to speak, the middle distance between chicken and venison. It is difficult to define any exact time to "hang" a pheasant; but any one possessed of the instincts of gastronomical science, can at once detect the right moment when a pheasant should be taken down, in the same way as a good cook knows whether a bird should be removed from the spit, or have a turn or two more.

TO DRESS PLOVERS.

1044. INGREDIENTS.—3 plovers, butter, flour, toasted bread.

Choosing and Trussing.—Choose those that feel hard at the vent, as that shows their fatness. There are three sorts,—the grey, green, and bastard plover, or lapwing. They will keep good for some time, but if very stale, the feet will be very dry. Plovers are scarcely fit for anything but roasting; they are, however, sometimes stewed, or made into a ragoût, but this mode of cooking is not to be recommended.

Mode.—Pluck off the feathers, wipe the outside of the birds with a damp cloth, and do not draw them; truss with the under the wing, put them down to a clear fire, and lay slices of moistened toast in the dripping-pan, to catch the trail. Keep them well basted, dredge them lightly with flour a few minutes before they are done, and let them be nicely frothed. Dish them on the toasts, over which the trail should be equally spread. Pour round the toast a little good gravy, and send some to table in a tureen.

Time.—10 minutes to ¼ hour.
Average cost, 1s. 6d. the brace, if plentiful.

Sufficient for 2 persons.

Seasonable.—In perfection from the beginning of September to the end of January.

THE PLOVER.—There are two species of this bird, the grey and the green, the former being larger than the other, and somewhat less than the woodcock. It has generally been classed with those birds which chiefly live in the water; but it would seem only to seek its food there, for many of the species breed upon the loftiest mountains. Immense flights of these birds are to be seen in the Hebrides, and other parts of Scotland; and, in the winter, large numbers are sent to the London market, which is sometimes so much glutted with them that they are sold very cheap. Previous to dressing, they are kept till they have a game flavour; and although their flesh is a favourite with many, it is not universally relished. The green is preferred to the grey, but both are inferior to the woodcock. Their eggs are esteemed as a great delicacy. Birds of this kind are migratory. They arrive in England in April, live with us all the spring and summer, and at the beginning of autumn prepare to take leave by getting together in flocks. It is supposed that they then retire to Spain, and frequent the sheep-walks with which that country abounds.

TO DRESS THE PTARMIGAN.

1045. INGREDIENTS.—2 or 3 birds; butter, flour, fried bread crumbs.

Mode.—The ptarmigan, or white grouse, when young and tender, are exceedingly fine eating, and should be kept as long as possible, to be good. Pluck, draw, and truss them in the same manner as grouse, No. 1025, and roast them before a brisk fire. Flour and froth them nicely, and serve on buttered toast, with a tureen of brown gravy. Bread sauce, when liked, may be sent to table with them, and fried bread crumbs substituted for the toasted bread.

Time.—About ½ hour. Sufficient,—2 for a dish.

Seasonable from the beginning of February to the end of April.

THE PTARMIGAN, OR WHITE GROUSE.—This bird is nearly the same size as red grouse, and is fond of lofty situations, where it braves the severest weather, and is found in most parts of Europe, as well as in Greenland. At Hudson's Bay they appear in such multitudes that so many as sixty or seventy are frequently taken at once in a net. As they are as tame as chickens, this is done without difficulty. Buffon says that the Ptarmigan avoids the solar heat, and prefers the frosts of the summits of the mountains; for, as the snow melts on
the sides of the mountains, it ascends till it gains the top, where it makes a hole, and burrows in the snow. In winter, it flies in flocks, and feeds on the wild vegetation of the hills, which imparts to its flesh a bitter, but not altogether an unpalatable taste. It is dark-coloured, and has something of the flavour of the hare, and is greatly relished, and much sought after by some sportsmen.

TO DRESS QUAILS.

1046. INGREDIENTS.—Quails, butter, toast.

Mode.—These birds keep good several days, and should be roasted without drawing. Truss them in the same manner as woodcocks, No. 1062; roast them before a clear fire, keep them well basted, and serve on toast.

Time.—About 20 minutes. Average cost.—Seldom bought.

Sufficient 2 for a dish.

Seasonable from October to December.

THE QUAIL.—Quails are almost universally diffused over Europe, Asia, and Africa. Being birds of passage, they are seen in immense flocks, traversing the Mediterranean Sea from Europe to Africa, in the autumn, and returning again in the spring, frequently alighting in their passage on many of the islands of the Archipelago, which, with their vast numbers, they almost completely cover. On the western coasts of the kingdom of Naples, they have appeared in such prodigious numbers, that, within the compass of four or five miles, as many as a hundred thousand have been taken in a day. "From these circumstances," says a writer on natural history, "it appears highly probable that the quails which supplied the Israelites with food during their journey through the wilderness, were sent thither, on their passage to the north, by a wind from the south-west, sweeping over Egypt and Ethiopia towards the shores of the Red Sea." In England they are not very numerous, although they breed in it; and many of them are said to remain throughout the year, changing their quarters from the interior parts of the country for the seacoast.

TO DRESS SNIPES.

1047. INGREDIENTS.—Snipes, butter, flour, toast.

Mode.—These, like woodcocks, should be dressed without being drawn. Pluck, and wipe them outside, and truss them with the under the wing, having previously skinned that and the neck. Twist the legs at the first joint, press the feet upon the thighs, and pass a skewer through these and the body. Place four on a skewer, tie them on to the jack or spit, and roast before a clear fire for about ¼ hour. Put some pieces of buttered toast into the dripping-pan to catch the trails; flour and froth the birds nicely, dish the pieces of toast with the snipes on them, and pour round, but not over them, a little
good brown gravy. They should be sent to table very hot and expeditiously, or they will not be worth eating.—See coloured plate M1.

\[\text{Time.}—\text{About } \frac{1}{4} \text{ hour. Average cost, } 1s. 6d. \text{ to } 2s.\]

\[\text{the brace.}\]

\[\text{Sufficient,—4 for a dish.}\]

\[\text{Seasonable from November to February.}\]

Note.—Ortolans are trussed and dressed in the same manner.

THE SNIPE.—This is a migratory bird, and is generally distributed over Europe. It is found in most parts of England, in the high as well as the low lands, depending much on the weather. In very wet seasons it resorts to the hills, but at other times frequents marshes, where it can penetrate the earth with its bill, hunting for worms, which form its principal food. In the Hebrides and the Orkneys snipes are plentiful, and they are fattest in frosty weather. In the breeding season the snipe changes its note entirely from that which it has in the winter. The male will keep on wing for an hour together, mounting like a lark, and uttering a shrill piping noise; then, with a bleating sound, not unlike that made by an old goat, it will descend with great velocity, especially if the female be sitting in her nest, from which it will not wander far.

ROAST TEAL.

1048. INGREDIENTS.—Teal, butter, a little flour.

Mode.—Choose fat plump birds, after the frost has set in, as they are generally better flavoured; truss them in the same manner as wild duck, No. 1022; roast them before a brisk fire, and keep them well basted. Serve with brown or orange gravy, watercresses, and a cut lemon. The remains of teal make excellent hash.

\[\text{Time.}—\text{From 9 to 15 minutes.}\]

\[\text{Average cost, } 1s. \text{ each; but seldom bought.}\]

\[\text{Sufficient,—2 for a dish.}\]

\[\text{Seasonable from October to February.}\]
ROAST HAUNCH OF VENISON.

1049. INGREDIENTS.—Venison, coarse flour-and-water paste, a little flour.

Mode.—Choose a haunch with clear, bright, and thick fat, and the cleft of the hoof smooth and close; the greater quantity of fat there is, the better quality will the meat be. As many people object to venison when it has too much *haut goût*, ascertain how long it has been kept, by running a sharp skewer into the meat close to the bone; when this is withdrawn, its sweetness can be judged of. With care and attention, it will keep good a fortnight, unless the weather is very mild. Keep it perfectly dry by wiping it with clean cloths till not the least damp remains, and sprinkle over powdered ginger or pepper, as a preventative against the fly. When required for use, wash it in warm water, and dry it well with a cloth; butter a sheet of white paper, put it over the fat, lay a coarse paste, about ½ inch in thickness, over this, and then a sheet or two of strong paper. Tie the whole firmly on to the haunch with twine, and put the joint down to a strong close fire; baste the venison immediately, to prevent the paper and string from burning, and continue this operation, without intermission, the whole of the time it is cooking. About 20 minutes before it is done, carefully remove the paste and paper, dredge the joint with flour, and baste well with butter until it is nicely frothed, and of a nice pale-brown colour; garnish the knuckle-bone with a frill of white paper, and serve with a good, strong, but unflavoured gravy, in a tureen, and currant jelly; or melt the jelly with a little port wine, and serve that also in a tureen. As the principal object in roasting venison is to preserve the fat, the above is the best mode of doing so where expense is not objected to; but, in ordinary cases, the paste may be dispensed with, and a double paper placed over the roast instead: it will not require so long cooking without the paste. Do not omit to send very hot plates to table, as the venison fat so soon freezes: to be thoroughly enjoyed by epicures, it should be eaten on hot-water plates. The neck and shoulder may be roasted in the same manner.

Time.—A large haunch of buck venison, with the paste, 4 to 5 hours; haunch of doe venison, 3-¼ to 3-¾ hours. Allow less time without the paste.

Average cost, 1s. 4d. to 1s. 6d. per lb.

Sufficient for 18 persons.

Seasonable.—Buck venison in greatest perfection from June to Michaelmas; doe venison from November to the end of January.
called, the first year, a calf, or hind-calf; the second, a knobber; the third, a brock; the fourth, a staggard; the fifth, a stag; and the sixth, a hart. The female is, the first year, called a calf; the second, a hearse; and the third, a hind. In Britain, the stag has become scarcer than it formerly was; but, in the Highlands of Scotland, herds of four or five hundred may still be seen, ranging over the vast mountains of the north; and some of the stags of a great size. In former times, the great feudal chiefs used to hunt with all the pomp of eastern sovereigns, assembling some thousands of their clans, who drove the deer into the toils, or to such stations as were occupied by their chiefs. As this sport, however, was occasionally used as a means for collecting their vassals together for the purpose of concocting rebellion, an act was passed prohibitory of such assemblages. In the "Waverley" of Sir Walter Scott, a deer-hunting scene of this kind is admirably described.

VENISON.—This is the name given to the flesh of some kinds of deer, and is esteemed as very delicious. Different species of deer are found in warm as well as cold climates, and are in several instances invaluable to man. This is especially the case with the Laplander, whose reindeer constitutes a large proportion of his wealth. There—

"The reindeer unharness'd in freedom can play,
And safely o'er Odin's steep precipice stray,
Whilst the wolf to the forest recesses may fly,
And howl to the moon as she glides through the sky."

In that country it is the substitute for the horse, the cow, the goat, and the sheep. From its milk is produced cheese; from its skin, clothing; from its tendons, bowstrings and thread; from its horns, glue; from its bones, spoons; and its flesh furnishes food. In England we have the stag, an animal of great beauty, and much admired. He is a native of many parts of Europe, and is supposed to have been originally introduced into this country from France. About a century back he was to be found wild in some of the rough and mountainous parts of Wales, as well as in the forests of Exmoor, in Devonshire, and the woods on the banks of the Tamar. In the middle ages the deer formed food for the not over abstemious monks, as represented by Friar Tuck's larder, in the admirable fiction of "Ivanhoe;" and at a later period it was a deer-stealing adventure that drove the "ingenious" William Shakspeare to London, to become a common player, and the greatest dramatist that ever lived.

HASHED VENISON.

1050. INGREDIENTS.—The remains of roast venison, its own or mutton gravy, thickening of butter and flour.

Mode.—Cut the meat from the bones in neat slices, and, if there is sufficient of its own gravy left, put the meat into this, as it is preferable to any other. Should there not be enough, put the bones and trimmings into a stewpan, with about a pint of mutton gravy; let them stew gently for an hour, and strain the gravy. Put a little flour and butter into the stewpan, keep stirring until brown, then add the strained gravy, and give it a boil up; skim and strain again, and, when a little cool, put in the slices of venison. Place the stewpan by the side of the fire, and, when on the point of simmering, serve: do not allow it to boil, or the meat will be hard. Send red-currant jelly to table with it.

Time.—Altogether, 1-½ hour.

Seasonable.—Buck venison, from June to Michaelmas; doe venison, from November to the end of January.
Note.—A small quantity of Harvey’s sauce, ketchup, or port wine, may be added to enrich the gravy: these ingredients must, however, be used very sparingly, or they will overpower the flavour of the venison.

THE FALLOW-DEER.—This is the domestic or park deer; and no two animals can make a nearer approach to each other than the stag and it, and yet no two animals keep more distinct, or avoid each other with a more inveterate animosity. They never herd or intermix together, and consequently never give rise to an intermediate race; it is even rare, unless they have been transported thither, to find fellow-deer in a country where stags are numerous. He is very easily tamed, and feeds upon many things which the stag refuses: he also browses closer than the stag, and preserves his venison better. The doe produces one fawn, sometimes two, but rarely three. In short, they resemble the stag in all his natural habits, and the greatest difference between them is the duration of their lives: the stag, it is said, lives to the age of thirty-five or forty years, and the fallow-deer does not live more than twenty. As they are smaller than the stag, it is probable that their growth is sooner completed.

STEWED VENISON.

1051. INGREDIENTS.—A shoulder of venison, a few slices of mutton fat, 2 glasses of port wine, pepper and allspice to taste, 1-½ pint of weak stock or gravy, ½ teaspoonful of whole pepper, ½ teaspoonful of whole allspice.

Mode.—Hang the venison till tender; take out the bone, flatten the meat with a rolling-pin, and place over it a few slices of mutton fat, which have been previously soaked for 2 or 3 hours in port wine; sprinkle these with a little fine allspice and pepper, roll the meat up, and bind and tie it securely. Put it into a stewpan with the bone and the above proportion of weak stock or gravy, whole allspice, black pepper, and port wine; cover the lid down closely, and simmer, very gently, from 3-½ to 4 hours. When quite tender, take off the tape, and dish the meat; strain the gravy over it, and send it to table with red-currant jelly. Unless the joint is very fat, the above is the best mode of cooking it.
Time.—3½ to 4 hours.

Average cost, 1s. 4d. to 1s. 6d. per lb.

Sufficient for 10 or 12 persons.

Seasonable.—Buck venison, from June to Michaelmas; doe venison, from November to the end of January.

THE ROEBUCK.—This is the *Certus capreolus*, or common roe, and is of a reddish-brown colour. It is an inhabitant of Asia, as well as of Europe. It has great grace in its movements, and stands about two feet seven inches high, and has a length of about three feet nine. The extent of its horns is from six to eight inches.

THE STAG.—The stag, or hart, is the male of the red deer, and the hind is the female. He is much larger than the fallow-deer, and his age is indicated by his horns, which are round instead of being palmated, like those of the fallow-deer. During the first year he has no horns, but a horny excrescence, which is short and rough, and covered with a thin hairy skin. The next year, the horns are single and straight; and in the third they have two antlers, three the fourth, four the fifth, and five the sixth year; although this number is not always certain, for sometimes they are more, and often less. After the sixth year, the antlers do not always increase; and, although in number they may amount to six or seven on each side, yet the animal's age is then estimated rather by the size of the antlers and the thickness of the branch which sustains them, than by their variety. Large as these horns seem, however, they are shed every year, and their place supplied by new ones. This usually takes place in the spring. When the old horns have fallen off, the new ones do not make their appearance immediately; but the
bones of the skull are seen covered with a transparent periosteum, or skin, which wraps the bones of all animals. After a short time, however, the skin begins to swell, and to form a sort of tumour. From this, by-and-by, rising from the shoot forth the antlers from each side; and, in a short time, in proportion as the animal is in condition, the entire horns are completed. The solidity of the extremities, however, is not perfect until the horns have arrived at their full growth. Old stags usually shed their horns first, which generally happens towards the latter end of February or the beginning of March. Such as are between five and six years old shed them about the middle or latter end of March; those still younger in the month of April; and the youngest of all not till the middle or latter end of May. These rules, though generally true, are subject to variations; for a severe winter will retard the shedding of the horns.—The HIND has no horns, and is less fitted for being hunted than the male. She takes the greatest care of her young, and secretes them in the most obscure thickets, lest they become a prey to their numerous enemies. All the rapacious family of the cat kind, with the wolf, the dog, the eagle, and the falcon, are continually endeavouring to find her retreat, whilst the stag himself is the foe of his own offspring. When she has young, therefore, it would seem that the courage of the male is transferred to the female, for she defends them with the most resolute bravery. If pursued by the hunter, she will fly before the hounds for half the day, and then return to her young, whose life she has thus preserved at the hazard of her own.

**THE NEW VENISON.**—The deer population of our splendid English parks was, until a few years since, limited to two species, the fallow and the red. But as the fallow-deer itself was an acclimated animal, of comparatively recent introduction, it came to be a question why might not the proprietor of any deer-park in England have the luxury of at least half a dozen species of deer and antelopes, to adorn the hills, dales, ferny brakes, and rich pastures of his domain? The temperate regions of the whole world might be made to yield specimens of the noble ruminant, valuable either for their individual beauty, or for their availability to gastronomic purposes.

During the last four or five years a few spirited English noblemen have made the experiment of breeding foreign deer in their parks, and have obtained such a decided success, that it may be hoped their example will induce others to follow in a course which will eventually give to England's rural scenery a new element of beauty, and to English tables a fresh viand of the choicest character.

A practical solution of this interesting question was made by Viscount Hill, at Hawkestone Park, Salop, in January, 1809. On that occasion a magnificent eland, an acclimated scion of the species whose native home is the South African wilderness, was killed for the table. The noble beast was thus described:—"He weighed 1,176 lbs. as he dropped; huge as a short-horn, but with bone not half the size; active as a deer, stately in all his paces, perfect in form, bright in colour, with a vast dewlap, and strong sculptured horn. This eland in his lifetime strode
majestic on the hill-side, where he dwelt with his mates and their progeny, all English-born, like himself.” Three pairs of the same species of deer were left to roam at large on the picturesque elopes throughout the day, and to return to their home at pleasure. “Here, during winter, they are assisted with roots and hay, but in summer they have nothing but the pasture of the park; so that, in point of expense, they cost no more than cattle of the best description.” Travellers and sportsmen say that the male eland is unapproached in the quality of his flesh by any ruminant in South Africa; that it grows to an enormous size, and lays on fat with as great facility as a true short-horn; while in texture and flavour it is infinitely superior. The lean is remarkably fine, the fat firm and delicate. It was tried in every fashion,—braised brisket, roasted ribs, broiled steaks, filet sauté, boiled aitchbone, &c.,—and in all, gave evidence of the fact, that a new meat of surpassing value had been added to the products of the English park.

When we hear such a gratifying account of the eland, it is pleasing to record that Lord Hastings has a herd of the Canadian wapiti, a herd of Indian nylghaus, and another of the small Indian hog-deer; that the Earl of Ducie has been successful in breeding the magnificent Persian deer. The eland was first acclimated in England by the late Earl of Derby, between the years 1835-1851, at his menagerie at Knowsley. On his death, in 1851, he bequeathed to the Zoological Society his breed of elands, consisting of two males and three females. Here the animals have been treated with the greatest success, and from the year 1853 to the present time, the females have regularly reproduced, without the loss of a single calf.
1052. INGREDIENTS.—Widgeons, a little flour, butter.

Mode.—These are trussed in the same manner as wild duck, No. 1022, but must not be kept so long before they are dressed. Put them down to a brisk fire; flour, and baste them continually with butter, and, when browned and nicely frothed, send them to table hot and quickly. Serve with brown gravy, or orange gravy, No. 488, and a cut lemon.

Time.—¼ hour; if liked well done, 20 minutes.

Average cost, 1s. each; but seldom bought.

Sufficient,—2 for a dish.

Seasonable from October to February.
**ROAST WOODCOCK.**

1053. INGREDIENTS.—Woodcocks; butter, flour, toast.

*Mode.*—Woodcocks should not be drawn, as the trails are, by epicures, considered a great delicacy. Pluck, and wipe them well outside; truss them with the legs close to the body, and the feet pressing upon the thighs; skin the neck, and bring the beak round under the wing. Place some slices of toast in the dripping-pan to catch the trails, allowing a piece of toast for each bird. Roast before a clear fire from 15 to 25 minutes; keep them well basted, and flour and froth them nicely. When done, dish the pieces of toast with the birds upon them, and pour round a very little gravy; send some more to table in a tureen. These are most delicious birds when well cooked, but they should not be kept too long: when the feathers drop, or easily come out, they are fit for table.—See coloured plate, I 1.

*Time.*—When liked underdone, 15 to 20 minutes; if liked well done, allow an extra 5 minutes.

*Average cost.*—Seldom bought.

*Sufficient.*—2 for a dish.

*Seasonable* from November to February.

THE WOODCOCK.—This bird being migratory in its habits, has, consequently, no settled habitation; it cannot be considered as the property of any one, and is, therefore, not game by law. It breeds in high northern latitudes, and the time of its appearance and disappearance in Sweden coincides exactly with that of its arrival in and return from Great Britain. On the coast of Suffolk its vernal and autumnal visits have been accurately observed. In the first week of October it makes its appearance in small numbers, but in November and December it appears in larger numbers, and always after sunset, and most gregariously. In the same manner as woodcocks take their leave of us, they quit France, Germany, and Italy, making the northern and colder climates their summer rendezvous. They visit Burgundy in the latter part of October, but continue there only a few weeks, the country being hard, and unable to supply them with such sustenance as they require. In the winter, they are found as far south as Smyrna and Aleppo, and, during the same
season, in Barbary, where the Africans name them "the ass of the partridge." It has been asserted that they have been seen as far south as Egypt, which is the most remote region to which they can be traced on that side of the eastern world; on the other side, they are common in Japan. Those which resort to the countries of the Levant are supposed to come from the mountains of Armenia, or the deserts of Tartary or Siberia. The flesh of the woodcock is held in high estimation; hence the bird is eagerly sought after by the sportsman.

**Game Carving.**

**BLACKCOCK.**

1054. Skilful carving of game undoubtedly adds to the pleasure of the guests at a dinner-table; for game seems pre-eminently to be composed of such delicate limbs and tender flesh that an inapt practitioner appears to more disadvantage when mauling these pretty and favourite dishes, than larger and more robust pièces de résistance. As described at recipe No. 1019, this bird is variously served with or without the on; and although we do not personally object to the appearance of the as shown in the woodcut, yet it seems to be more in vogue to serve it without. The carving is not difficult, but should be elegantly and deftly done. Slices from the breast, cut in the direction of the dotted line from 2 to 1, should be taken off, the merrythought displaced and the leg and wing removed by running the knife along from 3 to 4, and following the directions given under the of boiled fowl, No. 1000, reserving the thigh, which is considered a great delicacy, for the most honoured guests, some of whom may also esteem the brains of this bird.

**WILD DUCK.**

1055. As game is almost universally served as a dainty, and not as a dish to stand the assaults of an altogether fresh appetite, these dishes are not usually cut up entirely, but only those parts are served of each, which are considered the best-flavoured and the primest. Of wild-fowl, the breast alone is considered by epicures worth eating, and slices are cut from this, in the direction indicated by the lines, from 1 to 2; if necessary, the leg and wing can be taken off by passing the knife from 3 to 4, and by generally following the directions described for carving boiled fowl, No. 1000.

**ROAST HARE.**

1056. The "Grand Carver" of olden times, a functionary of no ordinary dignity, was pleased when he had a hare to manipulate, for his skill and grace had an opportunity of display. *Diners à la Russe* may possibly, erewhile, save modern gentlemen the necessity of learning the art which was in auld lang syne one of the necessary
accomplishments of the youthful squire; but, until side-tables become universal, or till we see the office of "grand carver" once more instituted, it will be well for all to learn how to assist at the carving of this dish, which, if not the most elegant in appearance, is a very general favourite. The hare, having its head to the left, as shown in the woodcut, should be first served by cutting slices from each side of the backbone, in the direction of the lines from 3 to 4. After these prime parts are disposed of, the leg should next be disengaged by cutting round the line indicated by the figures 5 to 6. The shoulders will then be taken off by passing the knife round from 7 to 8. The back of the hare should now be divided by cutting quite through its spine, as shown by the line 1 to 2, taking care to feel with the point of the knife for a joint where the back may be readily penetrated. It is the usual plan not to serve any bone in helping hare; and thus the flesh should be sliced from the legs and placed alone on the plate. In large establishments, and where men-cooks are kept, it is often the case that the backbone of the hare, especially in old animals, is taken out, and then the process of carving is, of course, considerably facilitated. A great point to be remembered in connection with carving hare is, that plenty of gravy should accompany each helping; otherwise this dish, which is naturally dry, will lose half its flavour, and so become a failure. Stuffing is also served with it; and the ears, which should be nicely crisp, and the brains of the hare, are esteemed as delicacies by many connoisseurs.

PARTRIDGES.

1057. There are several ways of carving this most familiar game bird. The more usual and summary mode is to carry the knife sharply along the top of the breastbone of the bird, and cut it quite through, thus dividing it into two precisely equal and similar parts, in the same manner as carving a pigeon, No. 1003. Another plan is to cut it into three pieces; viz., by severing a small wing and leg on either side from the body, by following the line 1 to 2 in the upper woodcut; thus making 2 helpings, when the breast will remain for a third plate. The most elegant manner is that of thrusting back the body from the legs, and then cutting through the breast in the direction shown by the line 1 to 2: this plan will give 4 or more small helpings. A little bread-sauce should be served to each guest.

GROUSE.

1058. GROUSE may be carved in the way first described in carving partridge. The backbone of the grouse is highly esteemed by many, and this part of many game birds is considered the finest flavoured.

PHEASANT.

1059. Fixing the fork in the breast, let the carver cut slices from it in the direction of the lines from 2 to 1: these are the prime pieces. If there
be more guests to satisfy than these slices will serve, then let the legs and wings be 
disengaged in the same manner as described in carving boiled fowl, No. 1000, the 
point where the wing joins the neckbone being carefully found. The merrythought will 
come off in the same way as that of a fowl. The most valued parts are the same as 
those which are most considered in a fowl.

**SNIPE.**

1060. One of these small but delicious birds may be given, 
whole, to a gentleman; but, in helping a lady, it will be better to 
cut them quite through the centre, from 1 to 2, completely 
dividing them into equal and like portions, and put only one 
half on the plate.

**HAUNCH OF VENISON.**

1061. Here is a grand dish for a 
knight of the carving-knife to 
exercise his skill upon, and, what 
will be pleasant for many to know, 
there is but little difficulty in the 
performance. An incision being 
made completely down to the 
bone, in the direction of the line 1 
to 2, the gravy will then be able easily to flow; when slices, not too thick, should be 
cut along the haunch, as indicated by the line 4 to 3; that end of the joint marked 3 
having been turned towards the carver, so that he may have a more complete 
command over the joint. Although some epicures affect to believe that some parts of 
the haunch are superior to others, yet we doubt if there is any difference between the 
slices cut above and below the line. It should be borne in mind to serve each guest 
with a portion of fat; and the most expeditious carver will be the best carver, as, like 
mutton, venison soon begins to chill, when it loses much of its charm.

**WOODCOCK.**

1062. This bird, like a partridge, may be carved by 
cutting it exactly into two like portions, or made into 
three helpings, as described in carving partridge 
(No. 1057). The backbone is considered the tit-bit of a 
woodcock, and by many the thigh is also thought a great 
delicacy. This bird is served in the manner advised by 
Brillat Savarin, in connection with the pheasant, viz., on toast which has received its 
drippings whilst roasting; and a piece of this toast should invariably accompany each 
plate.

**LANDRAIL.**

1063. LANDRAIL, being trussed like Snipe, with the exception of its being drawn, 
may be carved in the same manner.—See No. 1060.
PTARMIGAN.

1064. PTARMIGAN, being of much the same size, and trussed in the same manner, as the red-bird, may be carved in the manner described in Partridge and Grouse carving, Nos. 1057 and 1058.

QUAILS.

1065. QUAILS, being trussed and served like Woodcock, may be similarly carved.—See No. 1062.

PLOVERS.

1066. PLOVERS may be carved like Quails or Woodcock, being trussed and served in the same way as those birds.—See No. 1055.

TEAL.

1067. TEAL, being of the same character as Widgeon and Wild Duck, may be treated, in carving, in the same style.

WIDGEON.

1068. WIDGEON may be carved in the same way as described in regard to Wild Duck, at No. 1055.
CHAPTER XXIV.—General observations on vegetables.

"Strange there should be found
Who, self-imprison'd in their proud saloons,
Renounce the odours of the open field
For the unscented fictions of the loom;
Who, satisfied with only pencilled scenes,
Prefer to the performance of a God,
Th' inferior wonders of an artist's hand!
Lovely, indeed, the mimic works of art,
But Nature's works far lovelier."—COWPER.

1069. "THE ANIMAL AND VEGETABLE KINGDOMS," says Hogg, in his Natural History of the Vegetable Kingdom, "may be aptly compared to the primary colours of the prismatic spectrum, which are so gradually and intimately blended, that we fail to discover where the one terminates and where the other begins. If we had to deal with yellow and blue only, the eye would easily distinguish the one from the other; but when the two are blended, and form green, we cannot tell where the blue ends and the yellow begins. And so it is in the animal and vegetable kingdoms. If our powers of observation were limited to the highest orders of animals and plants, if there were only mammals, birds, reptiles, fishes, and insects in the one, and trees, shrubs, and herbs in the other, we should then be able with facility to define the bounds of the two kingdoms; but as we descend the scale of each, and arrive at the lowest forms of animals and plants, we there meet with bodies of the simplest structure, sometimes a mere cell, whose organization, modes of development and reproduction, are so anomalous, and partake so much of the character of both, that we cannot distinguish whether they are plants or whether they are animals."
1070. WHilst it is difficult to determine where the animal begins and the vegetable ends, it is as difficult to account for many of the singularities by which numbers of plants are characterized. This, however, can hardly be regarded as a matter of surprise, when we recollect that, so far as it is at present known, the vegetable kingdom is composed of upwards of 92,000 species of plants. Of this amazing number the lichens and the mosses are of the simplest and hardiest kinds. These, indeed, may be considered as the very creators of the soil: they thrive in the coldest and most sterile regions, many of them commencing the operations of nature in the growth of vegetables on the barest rocks, and receiving no other nourishment than such as may be supplied to them by the simple elements of air and rain. When they have exhausted their period in such situations as have been assigned them, they pass into a state of decay, and become changed into a very fine mould, which, in the active spontaneity of nature, immediately begins to produce other species, which in their turn become food for various mosses, and also rot. This process of growth and decay, being, from time to time, continued, by-and-by forms a soil sufficient for the maintenance of larger plants, which also die and decay, and so increase the soil, until it becomes deep enough to sustain an oak, or even the weight of a tropical forest. To create soil amongst rocks, however, must not be considered as the only end of the lichen; different kinds of it minister to the elegant arts, in the form of beautiful dyes; thus the _lichen rocella_ is used to communicate to silk and wool, various shades of purple and crimson, which greatly enhance the value of these materials. This species is chiefly imported from the Canary Islands, and, when scarce, as an article of commerce has brought as much as £1000 per ton.

1071. In the vicinity of lichens, the musci, or mosses, are generally to be found. Indeed, wherever vegetation can be sustained, there they are, affording protection to the roots and seeds of more delicate vegetables, and, by their spongy texture, retaining a moisture which preserves other plants from the withering drought of summer. But even in winter we find them enlivening, by their verdure, the cold bosom of Nature. We see them abounding in our pastures and our woods, attaching themselves to the living, and still more abundantly to the dead, trunks and branches of trees. In marshy places they also abound, and become the medium of their conversion into fruitful fields. This is exemplified by the manner in which peat-mosses are formed: on the surface of these we find them in a state of great life and vigour; immediately below we discover them, more or less, in a state of decomposition; and, still deeper, we find their stems and branches consolidated into a light brown peat. Thus are extensive tracts formed, ultimately to be brought into a state of cultivation, and rendered subservient to the wants of man.

1072. When nature has found a soil, her next care is to perfect the growth of her seeds, and then to disperse them. Whilst the seed remains confined in its capsule, it cannot answer its purpose; hence, when it is sufficiently ripe, the pericardium opens, and lets it out. What must strike every observer with surprise is, how nuts and shells, which we can hardly crack with our teeth, or even with a hammer, will divide of themselves, and make way for the little tender sprout which proceeds from the kernel. There are instances, it is said, such as in the Touch-me-not (_impatiens_), and the Cuckoo-flower (_cardamine_), in which the seed-vessels, by an elastic jerk at the moment of their explosion, cast the seeds to a distance. We are all aware, however, that many seeds—those of the most composite flowers, as of the thistle and dandelion—are endowed with, what have not been inappropriately called,
wings. These consist of a beautiful silk-looking down, by which they are enabled to float in the air, and to be transported, sometimes, to considerable distances from the parent plant that produced them. The swelling of this downy tuft within the seed-vessel is the means by which the seed is enabled to overcome the resistance of its coats, and to force for itself a passage by which it escapes from its little prison-house.

1073. BIRDS, AS WELL AS QUADRUPEDS, are likewise the means of dispersing the seeds of plants, and placing them in situations where they ultimately grow. Amongst the latter is the squirrel, which is an extensive planter of oaks; nay, it may be regarded as having, in some measure, been one of the creators of the British navy. We have read of a gentleman who was walking one day in some woods belonging to the Duke of Beaufort, near Troy House, in Monmouthshire, when his attention was arrested by a squirrel, sitting very composedly upon the ground. He stopped to observe its motions, when, in a short time, the little animal suddenly quitted its position, and darted to the top of the tree beneath which it had been sitting. In an instant it returned with an acorn in its mouth, and with its paws began to burrow in the earth. After digging a small hole, it therein deposited an acorn, which it hastily covered, and then darted up the tree again. In a moment it was down with another, which it buried in the same manner; and so continued its labour, gathering and burying, as long as the gentleman had patience to watch it. This industry in the squirrel is an instinct which directs it to lay up a store of provision for the winter; and as it is probable that its memory is not sufficiently retentive to enable it to recollect all the spots in which it deposits its acorns, it no doubt makes some slips in the course of the season, and loses some of them. These few spring up, and are, in time, destined to supply the place of the parent tree. Thus may the sons of Britain, in some degree, consider themselves to be indebted to the industry and defective memory of this little animal for the production of some of those "wooden walls" which have, for centuries, been the national pride, and which have so long "braved the battle and the breeze" on the broad bosom of the great deep, in every quarter of the civilized globe. As with the squirrel, so with jays and pies, which plant among the grass and moss, horse-beans, and probably forget where they have secreted them. Mr. White, the naturalist, says, that both horse-beans and peas sprang up in his field-walks in the autumn; and he attributes the sowing of them to birds. Bees, he also observes, are much the best setters of cucumbers. If they do not happen to take kindly to the frames, the best way is to tempt them by a little honey put on the male and female bloom. When they are once induced to haunt the frames, they set all the fruit, and will hover with impatience round the lights in a morning till the glasses are opened.

1074. Some of the acorns planted by the squirrel of Monmouthshire may be now in a fair way to become, at the end of some centuries, venerable trees; for not the least remarkable quality of oaks is the strong principle of life with which they are endued. In Major Rooke's "Sketch of the forest of Sherwood" we find it stated that, on some timber cut down in Berkland and Bilhaugh, letters were found stamped in the bodies of the trees, denoting the king's reign in which they were marked. The bark appears to have been cut off, and then the letters to have been cut in, and the next year's wood to have grown over them without adhering to where the bark had been cut out. The ciphers were found to be of James I., William and Mary, and one of King John. One of the ciphers of James was about one foot within the tree, and one foot from the centre. It was cut down in 1786. The tree must have been two feet in diameter, or two yards in circumference, when the mark was cut. A tree of this size is generally
estimated at 120 years' growth; which number being subtracted from the middle year of the reign of James, would carry the year back to 1492, which would be about the period of its being planted. The tree with the cipher of William and Mary displayed its mark about nine inches within the tree, and three feet three inches from the centre. This tree was felled in 1786. The cipher of John was eighteen inches within the tree, and rather more than a foot from the centre. The middle year of the reign of that monarch was 1207. By subtracting from this 120, the number of years requisite for a tree's growth to arrive at the diameter of two feet, the date of its being planted would seem to have been 1085, or about twenty years after the Conquest.

1075. Considering the great endurance of these trees, we are necessarily led to inquire into the means by which they are enabled to arrive at such strength and maturity; and whether it may be considered as a humiliation we will not determine, but, with all the ingenious mechanical contrivances of man, we are still unable to define the limits of the animal and vegetable kingdoms. "Plants have been described by naturalists, who would determine the limits of the two kingdoms, as organized living bodies, without volition or locomotion, destitute of a mouth or intestinal cavity, which, when detached from their place of growth, die, and, in decay, ferment, but do not putrefy, and which, on being subjected to analysis, furnish an excess of carbon and no nitrogen. The powers of chemistry, and of the microscope, however, instead of confirming these views, tend more and more to show that a still closer affinity exists between plants and animals; for it is now ascertained that nitrogen, which was believed to be present only in animals, enters largely into the composition of plants also. When the microscope is brought to aid our powers of observation, we find that there are organized bodies belonging to the vegetable kingdom which possess very evident powers of locomotion, and which change about in so very remarkable a manner, that no other cause than that of volition can be assigned to it." Thus it would seem that, in this particular at least, some vegetables bear a very close resemblance to animal life; and when we consider the manner in which they are supplied with nourishment, and perform the functions of their existence, the resemblance would seem still closer. If, for example, we take a thin transverse slice of the stem of any plant, or a slice cut across its stem, and immerse it in a little pure water, and place it under a microscope, we will find that it consists principally of cells, more or less regular, and resembling
those of a honeycomb or a network of cobweb. The size of these varies in different plants, as it does in different parts of the same plant, and they are sometimes so minute as to require a million to cover a square inch of surface. This singular structure, besides containing water and air, is the repository or storehouse of various secretions. Through it, the sap, when produced, is diffused sideways through the plant, and by it numerous changes are effected in the juices which fill its cells. The forms of the cells are various; they are also subject to various transformations. Sometimes a number of cylindrical cells are laid end to end, and, by the absorption of the transverse partitions, form a continuous tube, as in the sap-vessels of plants, or in muscular and nervous fibre; and when cells are thus woven together, they are called cellular tissue, which, in the human body, forms a fine net-like membrane, enveloping or connecting most of its structures. In pulpy fruits, the cells may be easily separated one from the other; and within the cells are smaller cells, commonly known as pulp. Among the cell-contents of some plants are beautiful crystals, called *raphides*. The term is derived from [Greek: *rhaphis*] a needle, on account of the resemblance of the crystal to a needle. They are composed of the phosphate and oxalate of lime; but there is great difference of opinion as to their use in the economy of the plant, and one of the French philosophers endeavoured to prove that crystals are the possible transition of the inorganic to organic matter. The differences, however, between the highest form of crystal and the lowest form of organic life known, viz., a simple reproductive cell, are so manifold and striking, that the attempt to make crystals the bridge over which inorganic matter passes into organic, is almost totally regarded as futile. In a layer of an onion, a fig, a section of garden rhubarb, in some species of aloe, in the bark of many trees, and in portions of the cuticle of the medicinal squill, bundles of these needle-shaped crystals are to be found. Some of them are as large as 1-40th of an inch, others are as small as the 1-1000th. They are found in all parts of the plant,—in the stem, bark, leaves, stipules, petals, fruit, roots, and even in the pollen, with some few exceptions, and they are always situated in the interior of cells. Some plants, as many of the *cactus* tribe, are made up almost entirely of these needle-crystals; in some instances, every cell of the cuticle contains a stellate mass of crystals; in others, the whole interior is full of them, rendering the plant so exceedingly brittle, that the least touch will occasion a fracture; so much so, that some specimens of *Cactus senilis*, said to be a thousand years old, which were sent a few years since to Kew, from South America, were obliged to be packed in cotton, with all the care of the most delicate jewellery, to preserve them during transport.

1076. Besides the cellular tissue, there is what is called a vascular system, which consists of another set of small vessels. If, for example, we, early in the spring, cut a branch transversely, we will perceive the sap oozing out from numerous points over the whole of the divided surface, except on that part occupied by the pith and the bark; and if a twig, on which the leaves are already unfolded, be cut from the tree, and placed with its cut end in a watery solution of Brazil-wood, the colouring matter will be found to ascend into the leaves and to the top of the twig. In both these cases, a close examination with a powerful microscope, will discover the sap perspiring from the
divided portion of the stem, and the colouring matter rising through real tubes to the
top of the twig: these are the sap or conducting vessels of the plant. If, however, we
examine a transverse section of the vine, or of any other tree, at a later period of the
season, we find that the wood is apparently dry, whilst the bark, particularly that part
next the wood, is swelled with fluid. This is contained in vessels of a different kind
from those in which the sap rises. They are found in the bark only in trees, and may
be called returning vessels, from their carrying the sap downwards after its
preparation in the leaf. It is believed that the passage of the sap in plants is conducted
in a manner precisely similar to that of the blood in man, from the regular contraction
and expansion of the vessels; but, on account of their extreme minuteness, it is almost
an impossibility to be certain upon this point. Numerous observations made with the
microscope show that their diameter seldom exceeds a 290th part of a line, or a
3,000th part of an inch. Leuwenhoek reckoned 20,000 vessels in a morsel of oak
about one nineteenth of an inch square.

1077. In the vascular system of a
plant, we at once see the great
analogy which it bears to the veins
and arteries in the human system;
but neither it, nor the cellular tissue
combined, is all that is required to
perfect the production of a
vegetable. There is, besides, a
tracheal system, which is composed
of very minute elastic spiral tubes,
designed for the purpose of
conveying air both to and from the
plant. There are also fibres, which
consist of collections of these cells
and vessels closely united together.
These form the root and the stem. If
we attempt to cut them
transversely, we meet with
difficulty, because we have to force
our way across the tubes, and break
them; but if we slit the wood
lengthwise, the vessels are
separated without breaking. The
layers of wood, which appear in the stem or branch of a tree cut transversely, consist
of different zones of fibres, each the produce of one year's growth, and separated by a
coat of cellular tissue, without which they could not be well distinguished. Besides all
these, there is the cuticle, which extends over every part of the plant, and covers the
bark with three distinct coats. The liber, or inner bark, is said to be formed of hollow
tubes, which convey the sap downwards to increase the solid diameter of the tree.

1078. THE ROOT AND THE STEM NOW DEMAND A SLIGHT NOTICE. The
former is designed, not only to support the plant by fixing it in the soil, but also to
fulfil the functions of a channel for the conveyance of nourishment: it is therefore
furnished with pores, or spongioles, as they are called, from their resemblance to a
sponge, to suck up whatever comes within its reach. It is found in a variety of forms,
and hence its adaptation to a great diversity of soils and circumstances. We have heard of a willow-tree being dug up and its planted where its roots were, and these suffered to spread out in the air like naked branches. In course of time, the roots became branches, and the branches roots, or rather, roots rose from the branches beneath the ground, and branches shot from the roots above. Some roots last one year, others two, and others, like the shrubs and trees which they produce, have an indefinite period of existence; but they all consist of a collection of fibres, composed of vascular and cellular tissue, without tracheae, or breathing-vessels. The stem is the grand distributor of the nourishment taken up by the roots, to the several parts of the plant. The seat of its vitality is said to be in the point or spot called the neck, which separates the stem from the root. If the root of a young plant be cut off, it will shoot out afresh; if even the stem be taken away, it will be renewed; but if this part be injured, the plant will assuredly die.

1079. IN ACCORDANCE WITH THE PLAN OF THIS WORK, special notices of culinary vegetables will accompany the various recipes in which they are spoken of; but here we cannot resist the opportunity of declaring it as our conviction, that he or she who introduces a useful or an ornamental plant into our island, ought justly to be considered, to a large extent, a benefactor to the country. No one can calculate the benefits which may spring from this very vegetable, after its qualities have become thoroughly known. If viewed in no other light, it is pleasing to consider it as bestowing upon us a share of the blessings of other climates, and enabling us to participate in the luxury which a more genial sun has produced.
CHAPTER XXV.—Vegetable recipes.

BOILED ARTICHOKES.

1080. INGREDIENTS.—To each ½ gallon of water, allow 1 heaped tablespoonful of salt, a piece of soda the size of a shilling; artichokes.

Mode.—Wash the artichokes well in several waters; see that no insects remain about them, and trim away the leaves at the bottom. Cut off the stems and put them into boiling water, to which have been added salt and soda in the above proportion. Keep the saucepan uncovered, and let them boil quickly until tender; ascertain when they are done by thrusting a fork in them, or by trying if the leaves can be easily removed. Take them out, let them drain for a minute or two, and serve in a napkin, or with a little white sauce poured over. A tureen of melted butter should accompany them. This vegetable, unlike any other, is considered better for being gathered two or three days; but they must be well soaked and washed previous to dressing.

Time.—20 to 25 minutes, after the water boils.

Sufficient.—a dish of 5 or 6 for 4 persons.

Seasonable from July to the beginning of September.

THE COMPOSITAE, OR COMPOSITE FLOWERS.—This family is so extensive, as to contain nearly a twelfth part of the whole of the vegetable kingdom. It embraces about 9,000 species, distributed over almost every country; and new discoveries are constantly being made and added to the number. Towards the poles their numbers diminish, and slightly, also, towards the equator; but they abound in the tropical and sub-tropical islands, and in the tracts of continent not far from the sea-shore. Among esculent vegetables, the Lettuce, Salsify, Scorzonera, Cardoon, and Artichoke belong to the family.

FRIED ARTICHOKES.

(Entremets, or Small Dish, to be served with the Second Course.)

1081. INGREDIENTS.—5 or 6 artichokes, salt and water: for the batter,—¼ lb. of flour, a little salt, the yolk of 1 egg, milk.

Mode.—Trim and boil the artichokes by recipe No. 1080, and rub them over with lemon-juice, to keep them white. When they are quite tender, take them up, remove the chokes, and divide the bottoms; dip each piece into batter, fry them in hot lard or dripping, and garnish the dish with crisped parsley. Serve with plain melted butter.

Time.—20 minutes to boil the artichokes, 5 to 7 minutes to fry them.
Sufficient,—5 or 6 for 4 or 5 persons.

Seasonable from July to the beginning of September.

A FRENCH MODE OF COOKING ARTICHOKES.

1082. INGREDIENTS.—5 or 6 artichokes; to each ½ gallon of water allow 1 heaped tablespoonful of salt, ½ teaspoonful of pepper, 1 bunch of savoury herbs, 2 oz. of butter.

Mode.—Cut the ends of the leaves, as also the stems; put the artichokes into boiling water, with the above proportion of salt, pepper, herbs, and butter; let them boil quickly until tender, keeping the lid of the saucepan off, and when the leaves come out easily, they are cooked enough. To keep them a beautiful green, put a large piece of cinder into a muslin bag, and let it boil with them. Serve with plain melted butter.

Time.—20 to 25 minutes.

Sufficient,—5 or 6 sufficient for 4 or 5 persons.

Seasonable from July to the beginning of September.

ARTICHOKES A L’ITALIENNE.

1083. INGREDIENTS.—4 or 6 artichokes, salt and butter, about ½ pint of good gravy.

Mode.—Trim and cut the artichokes into quarters, and boil them until tender in water mixed with a little salt and butter. When done, drain them well, and lay them all round the dish, with the leaves outside. Have ready some good gravy, highly flavoured with mushrooms; reduce it until quite thick, and pour it round the artichokes, and serve.

Time.—20 to 25 minutes to boil the artichokes.

Sufficient for one side-dish.

Seasonable from July to the beginning of September.

CONSTITUENT PROPERTIES OF THE ARTICHOKE.—According to the analysis of Braconnet, the constituent elements of an artichoke are,—starch 30, albumen 10, uncrystallizable sugar 148, gum 12, fixed oil 1, woody fibre 12, inorganic matter 27, and water 770.

BOILED JERUSALEM ARTICHOKES.

1084. INGREDIENTS.—To each 1 gallon of water allow 1 heaped tablespoonful of salt; artichokes.

Mode.—Wash, peel, and shape the artichokes in a round or oval form, and put them into a saucepan with sufficient cold water to cover them, salted in the above
proportion. Let them boil gently until tender; take them up, drain them, and serve
them in a napkin, or plain, whichever mode is preferred; send to table with them a
tureen of melted butter or cream sauce, a little of which may be poured over the
artichokes when they are not served in a napkin.

Time.—About 20 minutes after the water boils.

Average cost, 2d. per lb.

Sufficient,—10 for a dish for 6 persons.

Seasonable from September to June.

USES OF THE JERUSALEM ARTICHOKE.—This being a tuberous-rooted plant, with leafy
stems from four to six feet high, it is alleged that its tops will afford as much fodder per acre
as a crop of oats, or more, and its roots half as many tubers as an ordinary crop of potatoes.
The tubers, being abundant in the market-gardens, are to be had at little more than the price of
potatoes. The fibres of the stems may be separated by maceration, and manufactured into
cordage or cloth; and this is said to be done in some parts of the north and west of France, as
about Hagenaau, where this plant, on the poor sandy soils, is an object of field culture.

MASHED JERUSALEM ARTICHOKE.

1085. INGREDIENTS.—To each 1 gallon of water allow 1 oz. of salt; 15 or 16
artichokes, 1 oz. butter, pepper and salt to taste.

Mode.—Boil the artichokes as in the preceding recipe until tender; drain and press the
water from them, and beat them up with a fork. When thoroughly mashed and free
from lumps, put them into a saucepan with the butter and a seasoning of white pepper
and salt; keep stirring over the fire until the artichokes are quite hot, and serve.

Time.—About 20 minutes. Average cost, 2d. per lb.

Sufficient for 6 or 7 persons.

Seasonable from September to June.

JERUSALEM ARTICHOKEs WITH WHITE SAUCE.

(Entremets, or to be served with the Second Course as a Side-dish.)

1086. INGREDIENTS.—12 to 15 artichokes, 12 to 15 Brussels sprouts, ½ pint of
white sauce, No. 538.

Mode.—Peel and cut the artichokes in the shape of a pear; cut a piece off the bottom
of each, that they may stand upright in the dish, and boil them in salt and water until
tender. Have ready ½ pint of white sauce, made by recipe No. 538; dish the
artichokes, pour over them the sauce, and place between each a fine Brussels sprout:
these should be boiled separately, and not with the artichokes.

Time.—About 20 minutes. Average cost, 2d. per lb.
THE JERUSALEM ARTICHOKE.—This plant is well known, being, for its tubers, cultivated not only as a garden vegetable, but also as an agricultural crop. By many it is much esteemed as an esculent, when cooked in various ways; and the domesticated animals eat both the fresh foliage, and the tubers with great relish. By some, they are not only considered nourishing, but even fattening.

BOILED ASPARAGUS.

1087. INGREDIENTS.—To each ½ gallon of water allow 1 heaped tablespoonful of salt; asparagus.

Mode.—Asparagus should be dressed as soon as possible after it is cut, although it may be kept for a day or two by putting the stalks into cold water; yet, to be good, like every other vegetable, it cannot be cooked too fresh. Scrape the white part of the stems, beginning from the head, and throw them into cold water; then tie them into bundles of about 20 each, keeping the heads all one way, and cut the stalks evenly, that they may all be the same length; put them into boiling water, with salt in the above proportion; keep them boiling quickly until tender, with the saucepan uncovered. When the asparagus is done, dish it upon toast, which should be dipped in the water it was cooked in, and leave the white ends outwards each way, with the points meeting in the middle. Serve with a tureen of melted butter.

Time.—15 to 18 minutes after the water boils.

Average cost, in full season, 2s. 6d. the 100 heads.

Sufficient.—Allow about 50 heads for 4 or 5 persons.

Seasonable.—May be had, forced, from January but cheapest in May, June, and July.

ASPARAGUS.—This plant belongs to the variously-featured family of the order Liliaceae, which, in the temperate regions of both hemispheres, are most abundant, and, between the tropics, gigantic in size and arborescent in form. Asparagus is a native of Great Britain, and is found on various parts of the seacoast, and in the fens of Lincolnshire. At Kynarve Cove, in Cornwall, there is an island called "Asparagus Island," from the abundance in which it is there found. The uses to which the young shoots are applied, and the manure in which they are cultivated in order to bring them to the highest state of excellence, have been a study with many kitchen-gardeners.
1088. INGREDIENTS.—100 heads of asparagus, 2 oz. of butter, a small bunch of parsley, 2 or 3 green onions, flour, 1 lump of sugar, the yolks of 2 eggs, 4 tablespoonfuls of cream, salt.

Mode.—Carefully scrape the asparagus, cut it into pieces of an equal size, avoiding that which is in the least hard or tough, and throw them into cold water. Then boil the asparagus in salt and water until three-parts done; take it out, drain, and place it on a cloth to dry the moisture away from it. Put it into a stewpan with the butter, parsley, and onions, and shake over a brisk fire for 10 minutes. Dredge in a little flour, add the sugar, and moisten with boiling water. When boiled a short time and reduced, take out the parsley and onions, thicken with the yolks of 2 eggs beaten with the cream; add a seasoning of salt, and, when the whole is on the point of simmering, serve. Make the sauce sufficiently thick to adhere to the vegetable.

Time.—Altogether, \( \frac{1}{2} \) hour. Average cost, 1s. 6d. a pint.

Seasonable in May, June, and July.

MEDICINAL USES OF ASPARAGUS.—This plant not only acts as a wholesome and nutritious vegetable, but also as a diuretic, aperient, and deobstruent. The chemical analysis of its juice discovers its composition to be a peculiar crystallizable principle, called asparagin, albumen, mannite, malic acid, and some salts. Thours says, the cellular tissue contains a substance similar to sage. The berries are capable of undergoing vinous fermentation, and affording alcohol by distillation. In their unripe state they possess the same properties as the roots, and probably in a much higher degree.

1089. INGREDIENTS.—\( \frac{1}{2} \) pint of asparagus spears, 4 eggs, 2 tablespoonfuls of flour, 1 tablespoonful of very finely minced ham, 1 oz. of butter, pepper and salt to taste, milk.

Mode.—Cut up the nice green tender parts of asparagus, about the size of peas; put them into a basin with the eggs, which should be well beaten, and the flour, ham, butter, pepper, and salt. Mix all these ingredients well together, and moisten with sufficient milk to make the pudding of the consistency of thick batter; put it into a pint buttered mould, tie it down tightly with a floured cloth, place it in boiling water, and let it boil for 2 hours; turn it out of the mould on to a hot dish, and pour plain melted butter round, but not over, the pudding. Green peas pudding may be made in exactly the same manner, substituting peas for the asparagus.

Time.—2 hours. Average cost, 1s. 6d. per pint.

Seasonable in May, June, and July.
BOILED FRENCH BEANS.

1090. INGREDIENTS.—To each ½ gallon of water allow 1 heaped tablespoonful of salt, a very small piece of soda.

Mode.—This vegetable should always be eaten young, as, when allowed to grow too long, it tastes stringy and tough when cooked. Cut off the heads and tails, and a thin strip on each side of the beans, to remove the strings. Then divide each bean into 4 or 6 pieces, according to size, cutting them lengthways in a slanting direction, and, as they are cut, put them into cold water, with a small quantity of salt dissolved in it. Have ready a saucepan of boiling water, with salt and soda in the above proportion; put in the beans, keep them boiling quickly, with the lid uncovered, and be careful that they do not get smoked. When tender, which may be ascertained by their sinking to the bottom of the saucepan, take them up, throw them into a colander; and when drained, dish and serve with plain melted butter. When very young, beans are sometimes served whole; when they are thus dressed, their colour and flavour are much better preserved; but the more general way of dressing them is to cut them into thin strips.

Time.—Very young beans, 10 to 12 minutes; moderate size, 15 to 20 minutes, after the water boils.

Average cost, in full season, 1s. 4d. a peck; but, when forced, very expensive.

Sufficient.—Allow ½ peck for 6 or 7 persons.

Seasonable from the middle of July to the end of September; but may be had, forced, from February to the beginning of June.

FRENCH MODE OF COOKING FRENCH BEANS.

1091. INGREDIENTS.—A quart of French beans, 3 oz. of fresh butter, pepper and salt to taste, the juice of ½ lemon.

Mode.—Cut and boil the beans by the preceding recipe, and when tender, put them into a stewpan, and shake over the fire, to dry away the moisture from the beans. When quite dry and hot, add the butter, pepper, salt, and lemon-juice; keep moving the stewpan, without using a spoon, as that would break the beans; and when the butter is melted, and all is thoroughly hot, serve. If the butter should not mix well, add a tablespoonful of gravy, and serve very quickly.

Time.—About ¼ hour to boil the beans; 10 minutes to shake them over the fire.

Average cost, in full season, about 1s. 4d. a peck.
Sufficient for 4 or 5 persons.

Seasonable from the middle of July to the end of September.

BOILED BROAD OR WINDSOR BEANS.

1092. INGREDIENTS.—To each ½ gallon of water, allow 1 heaped tablespoonful of salt; beans.

Mode.—This is a favourite vegetable with many persons, but to be nice, should be young and freshly gathered. After shelling the beans, put them into boiling water, salted in the above proportion, and let them boil rapidly until tender. Drain them well in a colander; dish, and serve with them separately a tureen of parsley and butter. Boiled bacon should always accompany this vegetable, but the beans should be cooked separately. It is usually served with the beans laid round, and the parsley and butter in a tureen. Beans also make an excellent garnish to a ham, and when used for this purpose, if very old, should have their skins removed.

Time.—Very young beans, 15 minutes; when of a moderate size, 20 to 25 minutes, or longer.

Average cost, unshelled, 6d. per peck.

Sufficient.—Allow one peck for 6 or 7 persons.

Seasonable in July and August.

NUTRITIVE PROPERTIES OF THE BEAN.—The produce of beans in meal is, like that of peas, more in proportion to the grain than in any of the cereal grasses. A bushel of beans is supposed to yield fourteen pounds more of flour than a bushel of oats; and a bushel of peas eighteen pounds more, or, according to some, twenty pounds. A thousand parts of bean flour were found by Sir H. Davy to yield 570 parts of nutritive matter, of which 426 were mucilage or starch, 103 gluten, and 41 extract, or matter rendered insoluble during the process.

BROAD BEANS A LA POULETTE.

1093. INGREDIENTS.—2 pints of broad beans, ½ pint of stock or broth, a small bunch of savoury herbs, including parsley, a small lump of sugar, the yolk of 1 egg, ¼ pint of cream, pepper and salt to taste.

Mode.—Procure some young and freshly-gathered beans, and shell sufficient to make 2 pints; boil them, as in the preceding recipe, until nearly done; then drain them and put them into a stewpan, with the stock, finely-minced herbs, and sugar. Stew the beans until perfectly tender, and the liquor has dried away a little; then beat up the yolk of an egg with the cream, add this to the beans, let the whole get thoroughly hot, and when on the point of simmering, serve. Should the beans be very large, the skin should be removed previously to boiling them.
Time.—10 minutes to boil the beans, 15 minutes to stew them in the stock.

Average cost, unshelled, 6d. per peck.

Seasonable in July and August.

ORIGIN AND VARIETIES OF THE BEAN.—This valuable plant is said to be a native of Egypt, but, like other plants which have been domesticated, its origin is uncertain. It has been cultivated in Europe and Asia from time immemorial, and has been long known in Britain. Its varieties may be included under two general heads,—the white, or garden beans, and the grey, or field beans, of the former, sown in the fields, the mazagan and long-pod are almost the only sorts; of the latter, those known as the horse-bean, the small or ticks, and the prolific of Heligoland, are the principal sorts. New varieties are procured in the same manner as in other plants.

BOILED BEETROOT.

1094. INGREDIENTS,—Beetroot; boiling water.

Mode.—When large, young, and juicy, this vegetable makes a very excellent addition to winter salads, and may easily be converted into an economical and quickly-made pickle.

(See No. 369.) Beetroot is more frequently served cold than hot: when the latter mode is preferred, melted butter should be sent to table with it. It may also be stewed with button onions, or boiled and served with roasted onions. Wash the beets thoroughly; but do not prick or break the skin before they are cooked, or they would lose their beautiful colour in boiling. Put them into boiling water, and let them boil until tender, keeping them well covered. If to be served hot, remove the peel quickly, cut the beetroot into thick slices, and send to table melted butter. For salads, pickle, &c., let the root cool, then peel, and cut it into slices.

Time.—Small beetroot, 1-½ to 2 hours; large, 2-½ to 3 hours.

Average cost, in full season, 2d. each.

Seasonable.—May be had at any time.

BEETROOT.—The geographical distribution of the order Saltworts (Salxolaceae), to which beetroot belongs, is most common in extra-tropical and temperate regions, where they are common weeds, frequenting waste places, among rubbish, and on marshes by the seashore. In the tropics they are rare. They are characterized by the large quantities of mucilage, sugar, starch, and alkaline salts which are found in them. Many of them are used as potherbs, and some are emetic and vermifuge in their medicinal properties. The root of garden or red beet is exceedingly wholesome and nutritious, and Dr. Lyon Playfair has recommended that a good brown bread may be made by rasping down this root with an equal quantity of flour. He says that the average quality of flour contains about 12 per cent. of azotized
principles adapted for the formation of flesh, and the average quality of beet contains about 2 per cent. of the same materials.

BOILED BROCOLI.

1095. INGREDIENTS.—To each ½ gallon of water allow 1 heaped tablespoonful of salt; brocoli.

Mode.—Strip off the dead outside leaves, and the inside ones cut off level with the flower; cut off the stalk close at the bottom, and put the brocoli into cold salt and water, with the heads downwards. When they have remained in this for about ¾ hour, and they are perfectly free from insects, put them into a saucepan of boiling water, salted in the above proportion, and keep them boiling quickly over a brisk fire, with the saucepan uncovered. Take them up with a slice the moment they are done; drain them well, and serve with a tureen of melted butter, a little of which should be poured over the brocoli. If left in the water after it is done, it will break, its colour will be spoiled, and its crispness gone.

Time.—Small brocoli, 10 to 15 minutes; large one, 20 to 25 minutes.

Average cost, 2d. each.

Sufficient.—2 for 4 or 5 persons.

Seasonable from October to March; plentiful in February and March.

THE KOHL-RABI, OR TURNIP-CABBAGE.—This variety presents a singular development, inasmuch as the stem swells out like a large turnip on the surface of the ground, the leaves shooting from it all round, and the top being surmounted by a cluster of leaves issuing from it. Although not generally grown as a garden vegetable, if used when young and tender, it is wholesome, nutritious, and very palatable.

BOILED BRUSSELS SPROUTS.

1096. INGREDIENTS.—To each ½ gallon of water allow 1 heaped tablespoonful of salt; a very small piece of soda.

Mode.—Clean the sprouts from insects, nicely wash them, and pick off any dead or discoloured leaves from the outsides; put them into a saucepan of boiling water, with salt and soda in the above proportion; keep the pan uncovered, and let them boil quickly over a brisk fire until tender; drain, dish, and serve with a tureen of melted butter, or with a maître d'hôtel sauce poured over them. Another mode of serving is, when they are dished, to stir in about 1-½ oz. of butter and a seasoning of pepper and salt. They must, however, be sent to table very quickly, as, being so very small, this vegetable soon cools. Where the cook is very expeditious, this vegetable, when cooked, may be arranged on the dish in the form of a pineapple, and, so served, has a very pretty appearance.
Time.—From 9 to 12 minutes after the water boils.

Average cost, 1s. 4d. per peck.

Sufficient.—Allow between 40 and 50 for 5 or 6 persons.

Seasonable from November to March.

SAVOYS AND BRUSSELS SPROUTS.—When the Green Kale, or Borecole, has been advanced a step further in the path of improvement, it assumes the headed or hearting character, with blistered leaves; it is then known by the name of Savoys and Brussels Sprouts. Another of its headed forms, but with smooth glaucous leaves, is the cultivated Cabbage of our gardens (the Borecole oleracea capitula of science); and all its varieties of green, red, dwarf, tall, early, late, round, conical, flat, and all the forms into which it is possible to put it.

TO BOIL YOUNG GREENS OR SPROUTS.

1097. INGREDIENTS.—To each ½ gallon of water allow 1 heaped tablespoonful of salt; a very small piece of soda.

Mode.—Pick away all the dead leaves, and wash the greens well in cold water; drain them in a colander, and put them into fast-boiling water, with salt and soda in the above proportion. Keep them boiling quickly, with the lid uncovered, until tender; and the moment they are done, take them up, or their colour will be spoiled; when well drained, serve. The great art in cooking greens properly, and to have them a good colour, is to put them into plenty of fast-boiling water, to let them boil very quickly, and to take them up the moment they become tender.

Time.—Brocoli sprouts, 10 to 12 minutes; young greens, 10 to 12 minutes; sprouts, 12 minutes, after the water boils.

Seasonable.—Sprouts of various kinds may be had all the year.

GREEN KALE, OR BORECOLE.—When Colewort, or Wild Cabbage, is brought into a state of cultivation, its character becomes greatly improved, although it still retains the loose open leaves, and in this form it is called Green Kale, or Borecole. The scientific name is Borecole oleracea acephala, and of it there are many varieties, both as regards the form and colour of the leaves, as well as the height which the plants attain. We may observe, that among them, are included the Thousand-headed, and the Cow or Tree Cabbage.

BOILED CABBAGE.

1098. INGREDIENTS.—To each ½ gallon of water allow 1 heaped tablespoonful of salt; a very small piece of soda. Mode.—Pick off all the dead outside leaves, cut off as much of the stalk as possible, and cut the cabbages across twice, at the stalk end; if they should be very large, quarter them. Wash them well in cold water, place them in a colander, and drain; then put them into plenty of fast-boiling water, to which have been added salt and soda in the above proportions. Stir them down once or twice in the water, keep the pan uncovered, and let them boil quickly until tender. The instant
they are done, take them up into a colander, place a plate over them, let them thoroughly drain, dish, and serve.

*Time.*—Large cabbages, or savoys, 1/3 to ¾ hour, young summer cabbage, 10 to 12 minutes, after the water boils.

*Average cost,* 2d. each in full season.

*Sufficient,*—2 large ones for 4 or 5 persons.

*Seasonable.*—Cabbages and sprouts of various kinds at any time.

THE CABBAGE TRIBE: THEIR ORIGIN.—Of all the tribes of the *Cruciferae* this is by far the most important. Its scientific name is *Brassiceae,* and it contains a collection of plants which, both in themselves and their products, occupy a prominent position in agriculture, commerce, and domestic economy. On the cliffs of Dover, and in many places on the coasts of Dorsetshire, Cornwall, and Yorkshire, there grows a wild plant, with variously-indented, much-waved, and loose spreading leaves, of a sea-green colour, and large yellow flowers. In spring, the leaves of this plant are collected by the inhabitants, who, after boiling them in two waters, to remove the saltiness, use them as a vegetable along with their meat. This is the *Brassica oleracea* of science, the Wild Cabbage, or Colewort, from which have originated all the varieties of Cabbage, Cauliflower, Greens, and Brocoli.

**STEWED RED CABBAGE.**

1099. **INGREDIENTS.**—1 red cabbage, a small slice of ham, ½ oz. of fresh butter, 1 pint of weak stock or broth, 1 gill of vinegar, salt and pepper to taste, 1 tablespoonful of pounded sugar.

*Mode.*—Cut the cabbage into very thin slices, put it into a stewpan, with the ham cut in dice, the butter, ½ pint of stock, and the vinegar; cover the pan closely, and let it stew for 1 hour. When it is very tender, add the remainder of the stock, a seasoning of salt and pepper, and the pounded sugar; mix all well together, stir over the fire until nearly all the liquor is dried away, and serve. Fried sausages are usually sent to table with this dish: they should be laid round and on the cabbage, as a garnish.

*Time.*—Rather more than 1 hour. *Average cost,* 4d. each.

*Sufficient* for 4 persons.

*Seasonable* from September to January.

THE WILD CABBAGE, OR COLEWORT.—This plant, as it is found on the sea-cliffs of England, presents us with the origin of the cabbage tribe in its simplest and normal form. In this state it is the true Collet, or Colewort, although the name is now applied to any young cabbage which has a loose and open heart.

**BOILED CARROTS.**

1100. **INGREDIENTS.**—To each ½ gallon of water, allow 1 heaped tablespoonful of salt; carrots.
Mode.—Cut off the green tops, wash and scrape the carrots, and should there be any
black specks, remove them. If very large, cut them in halves, divide them lengthwise
into four pieces, and put them into boiling water, salted in the above proportion; let
them boil until tender, which may be ascertained by thrusting a fork into them: dish,
and serve very hot. This vegetable is an indispensable accompaniment to boiled beef.
When thus served, it is usually boiled with the beef; a few carrots are placed round the
dish as a garnish, and the remainder sent to table in a vegetable-dish. Young carrots
do not require nearly so much boiling, nor should they be divided: these make a nice
addition to stewed veal, &c.

Time.—Large carrots, 1-¾ to 2-¼ hours; young ones, about ½ hour.

Average cost, 6d. to 8d, per bunch of 18.

Sufficient,—4 large carrots for 5 or 6 persons.

Seasonable.—Young carrots from April to June, old ones at any time.

ORIGIN OF THE CARROT.—In its wild state, this vegetable is found
plentifully in Britain, both in cultivated lands and by waysides, and is
known by the name of birds-nest, from its umbels of fruit becoming
incurred from a hollow cup, like a birds-nest. In this state its root is whitish,
slender, and hard, with an acrid, disagreeable taste, and a strong aromatic
smell, and was formerly used as an aperient. When cultivated, it is reddish,
thick, fleshy, with a pleasant odour, and a peculiar, sweet, mucilaginous
taste. The carrot is said by naturalists not to contain much nourishing
matter, and, generally speaking, is somewhat difficult of digestion.

TO DRESS CARROTS IN THE GERMAN WAY.

1101. INGREDIENTS.—8 large carrots, 3 oz. of butter, salt to taste, a very little
grated nutmeg, 1 tablespoonful of finely-minced parsley, 1 dessertspoonful of minced
onion, rather more than 1 pint of weak stock or broth, 1 tablespoonful of flour.

Mode.—Wash and scrape the carrots, and cut them into rings of about ½ inch in
thickness. Put the butter into a stewpan; when it is melted, lay in the carrots, with salt,
nutmeg, parsley, and onion in the above proportions. Toss the stewpan over the fire
for a few minutes, and when the carrots are well saturated with the butter, pour in the
stock, and simmer gently until they are nearly tender. Then put into another stewpan a
small piece of butter; dredge in about a tablespoonful of flour; stir this over the fire,
and when of a nice brown colour, add the liquor that the carrots have been boiling in;
let this just boil up, pour it over the carrots in the other stewpan, and let them finish
simmering until quite tender. Serve very hot.

This vegetable, dressed as above, is a favourite accompaniment of roast pork,
sausages, &c. &c.

Time.—About ¾ hour. Average cost, 6d. to 8d. per bunch of 18.

Sufficient for 6 or 7 persons.
Seasonable.—Young carrots from April to June, old ones at any time.

CONSTITUENTS OF THE CARROT.—These are crystallizable and uncrystallizable sugar, a little starch, extractive, gluten, albumen, volatile oil, vegetable jelly, or pectin, saline matter, malic acid, and a peculiar crystallizable ruby-red neuter principle, without odour or taste, called carotin. This vegetable jelly, or pectin, so named from its singular property of gelatinizing, is considered by some as another form of gum or mucilage, combined with vegetable acid. It exists more or less in all vegetables, and is especially abundant in those roots and fruits from which jellies are prepared.

STEWED CARROTS.

1102. INGREDIENTS.—7 or 8 large carrots, 1 teacupful of broth, pepper and salt to taste, ½ teacupful of cream, thickening of butter and flour.

Mode.—Scrape the carrots nicely; half-boil, and slice them into a stewpan; add the broth, pepper and salt, and cream; simmer till tender, and be careful the carrots are not broken. A few minutes before serving, mix a little flour with about 1 oz. of butter; thicken the gravy with this; let it just boil up, and serve.

Time.—About ¾ hour to parboil the carrots, about 20 minutes to cook them after they are sliced.

Average cost, 6d. to 8d. per bunch of 18.

Sufficient for 5 or 6 persons.

Seasonable.—Young carrots from April to June, old ones at any time.

NUTRITIVE PROPERTIES OF THE CARROT.—Sir H. Davy ascertained the nutritive matter of the carrot to amount to ninety-eight parts in one thousand; of which ninety-five are sugar and three are starch. It is used in winter and spring in the dairy to give colour and flavour to butter; and it is excellent in stews, haricots, soups, and, when boiled whole, with salt beef. In the distillery, owing to the great proportion of sugar in its composition, it yields more spirit than the potato. The usual quantity is twelve gallons per ton.

SLICED CARROTS.

(Entremets, or to be served with the Second Course, as a Side-dish.)

1103. INGREDIENTS.—5 or 6 large carrots, a large lump of sugar, 1 pint of weak stock, 3 oz. of fresh butter, salt to taste.

Mode.—Scrape and wash the carrots, cut them into slices of an equal size, and boil them in salt and water, until half done; drain them well, put them into a stewpan with the sugar and stock, and let them boil over a brisk fire. When reduced to a glaze, add the fresh butter and a seasoning of salt; shake the stewpan about well, and when the butter is well mixed with the carrots, serve. There should be no sauce in the dish when it comes to table, but it should all adhere to the carrots.

Time.—Altogether, ¾ hour.

Average cost, 6d. to 8d. per bunch of 18.
Sufficient for 1 dish.

Seasonable.—Young carrots from April to June, old ones at any time.

THE SEED OF THE CARROT.—In order to save the seed of carrots, the plan is, to select annually the most perfect and best-shaped roots in the taking-up season, and either preserve them in sand in a cellar till spring, or plant them immediately in an open airy part of the garden, protecting them with litter during severe frost, or earthing them over, and uncovering them in March following. The seed is in no danger from being injured by any other plant. In August it is fit to gather, and is best preserved on the stalks till wanted.

BOILED CAULIFLOWERS.

1104. INGREDIENTS.—To each ½ gallon of water allow 1 heaped tablespoonful of salt.

Mode.—Choose cauliflowers that are close and white; trim off the decayed outside leaves, and cut the stalk off flat at the bottom. Open the flower a little in places to remove the insects, which generally are found about the stalk, and let the cauliflowers lie in salt and water for an hour previous to dressing them, with their heads downwards: this will effectually draw out all the vermin. Then put them into fast-boiling water, with the addition of salt in the above proportion, and let them boil briskly over a good fire, keeping the saucepan uncovered. The water should be well skimmed; and, when the cauliflowers are tender, take them up with a slice; let them drain, and, if large enough, place them upright in the dish. Serve with plain melted butter, a little of which may be poured over the flower.

Time.—Small cauliflower, 12 to 15 minutes, large one, 20 to 25 minutes, after the water boils.

Average cost, for large cauliflowers, 6d. each.

Sufficient.—Allow 1 large cauliflower for 3 persons.

Seasonable from the beginning of June to the end of September.

CAULIFLOWERS A LA SAUCE BLANCHE.

(Entremets, or Side-dish, to be served with the Second Course.)

1105. INGREDIENTS.—3 cauliflowers, ½ pint of sauce blanche, or French melted butter, No. 378; 3 oz. of butter; salt and water.

Mode.—Cleanse the cauliflowers as in the preceding recipe, and cut the stalks off flat at the bottom; boil them until tender in salt and water, to which the above proportion of butter has been added, and be careful to take them up the moment they are done, or they will break, and the appearance of the dish will be spoiled. Drain them well, and
dish them in the shape of a large cauliflower. Have ready ½ pint of sauce, made by
recipe No. 378, pour it over the flowers, and serve hot and quickly.

*Time.*—Small cauliflowers, 12 to 15 minutes, large ones, 20 to 25 minutes, after the
water boils.

*Average cost.*—large cauliflowers, in full season, 6d. each.

*Sufficient.*—1 large cauliflower for 3 or 4 persons.

*Seasonable* from the beginning of June to the end of September.

CAULIFLOWER AND BROCOLI.—These are only forms of the wild Cabbage in its
cultivated state. They are both well known; but we may observe, that the purple and white
Brocoli are only varieties of the Cauliflower.

CAULIFLOWERS WITH PARMESAN CHEESE.
(Entremets, or Side-dish, to be served with the Second Course.)

1106. INGREDIENTS.—2 or 3 cauliflowers, rather more than ½ pint of white sauce
No. 378, 2 tablespoonfuls of grated Parmesan cheese, 2 oz. of fresh butter, 3
tablespoonfuls of bread crumbs.

*Mode.*—Cleanse and boil the cauliflowers by recipe No. 1104, and drain them and
dish them with the flowers standing upright. Have ready the above proportion of
white sauce; pour sufficient of it over the cauliflowers just to cover the top; sprinkle
over this some rasped Parmesan cheese and bread crumbs, and drop on these the
butter, which should be melted, but not oiled. Brown with a salamander, or before the
fire, and pour round, but not over, the flowers the remainder of the sauce, with which
should be mixed a small quantity of grated Parmesan cheese.

*Time.*—Altogether, ½ hour. *Average cost,* for large cauliflowers, 6d. each.

*Sufficient.*—3 small cauliflowers for 1 dish.

*Seasonable* from the beginning of June to the end of September.

CELERY.

1107. With a good heart, and nicely blanched, this
vegetable is generally eaten raw, and is usually served
with the cheese. Let the roots be washed free from dirt, all
the decayed and outside leaves being cut off, preserving as
much of the stalk as possible, and all specks or blemishes
being carefully removed. Should the celery be large,
divide it lengthwise into quarters, and place it, root
downwards, in a celery-glass, which should be rather more
than half filled with water. The top leaves may be curled,
by shredding them in narrow strips with the point of a clean skewer, at a distance of
about 4 inches from the top.

*Average cost,* 2d. per.

*Sufficient.*—Allow 2 heads for 4 or 5 persons.

*Seasonable* from October to April.

*Note.*—This vegetable is exceedingly useful for flavouring soups, sauces, &c., and
makes a very nice addition to winter salad.

**STEWED CELERY A LA CREME.**

1108. **INGREDIENTS.**—6 heads of celery; to each ½ gallon of water allow 1 heaped
tablespoonful of salt, 1 blade of pounded mace, 1/3 pint of cream.

*Mode.*—Wash the celery thoroughly; trim, and boil it in salt and water until tender.
Put the cream and pounded mace into a stewpan; shake it over the fire until the cream
thickens, dish the celery, pour over the sauce, and serve.

*Time.*—Large heads of celery, 25 minutes; small ones, 15 to 20 minutes.

*Average cost.* 2d. per.

*Sufficient* for 5 or 6 persons.

*Seasonable* from October to April.

ALEXANDERS.—This plant is the *Smyrnium olastratum* of science, and is used in this
country in the same way in which celery is. It is a native of Great Britain, and is found in its
wild state near the seacoast. It received its name from the Italian "herba Alexandrina," and is
supposed to have been originally brought from Alexandria; but, be this as it may, its
cultivation is now almost entirely abandoned.

**STEWED CELERY**

(with White Sauce).

I.

1109. **INGREDIENTS.**—6 heads of celery, 1 oz. of butter; to each ½ gallon of water
allow 1 heaped tablespoonful of salt, ½ pint of white sauce, No. 537 or 538.

*Mode.*—Have ready sufficient boiling water just to cover the celery, with salt and
butter in the above proportion. Wash the celery well; cut off the decayed outside
leaves, trim away the green tops, and shape the root into a point; put it into the boiling
water; let it boil rapidly until tender; then take it out, drain well, place it upon a dish,
and pour over about ½ pint of white sauce, made by either of the recipes No. 537 or
538. It may also be plainly boiled as above, placed on toast, and melted butter poured
over, the same as asparagus is dished.
Time.—Large heads of celery, 25 minutes, small ones, 15 to 20 minutes, after the water boils.

Average cost, 2d. per.

Sufficient for 5 or 6 persons.

Seasonable from October to April.

ORIGIN OF CELERY.—In the marshes and ditches of this country there is to be found a very common plant, known by the name of Smallage. This is the wild form of celery; but, by being subjected to cultivation, it loses its acrid nature, and becomes mild and sweet. In its natural state, it has a peculiar rank, coarse taste and smell, and its root was reckoned by the ancients as one of the “five greater aperient roots.” There is a variety of this in which the root becomes turnip-shaped and large. It is called Celeriae, and is extensively used by the Germans, and preferred by them to celery. In a raw state, this plant does not suit weak stomachs; cooked, it is less difficult of digestion, although a large quantity should not be taken.

II.

1110. INGREDIENTS.—6 heads of celery, ½ pint of white stock or weak broth, 4 tablespoonfuls of cream, thickening of butter and flour, 1 blade of pounded mace, a very little grated nutmeg; pepper and salt to taste.

Mode.—Wash the celery, strip off the outer leaves, and cut it into lengths of about 4 inches. Put these into a saucepan, with the broth, and stew till tender, which will be in from 20 to 25 minutes; then add the remaining ingredients, simmer altogether for 4 or 5 minutes, pour into a dish, and serve. It may be garnished with sippets of toasted bread.

Time.—Altogether, ½ hour. Average cost, 2d. per.

Sufficient for 5 or 6 persons.

Seasonable from October to April.

Note.—By cutting the celery into smaller pieces, by stewing it a little longer, and, when done, by pressing it through a sieve, the above stew may be converted into a puree of celery.

TO DRESS CUCUMBERS.

1111. INGREDIENTS.—3 tablespoonfuls of salad-oil, 4 tablespoonfuls of vinegar, salt and pepper to taste; cucumber.

Mode.—Pare the cucumber, cut it equally into very thin slices, and commence cutting from the thick end; if commenced at the stalk, the cucumber will most likely have an exceedingly bitter taste, far from agreeable. Put
the slices into a dish, sprinkle over salt and pepper, and pour over oil and vinegar in the above proportion; turn the cucumber about, and it is ready to serve. This is a favourite accompaniment to boiled salmon, is a nice addition to all descriptions of salads, and makes a pretty garnish to lobster salad.

**Average cost**, when scarce, 1s. to 2s. 6d.; when cheapest, may be had for 4d. each.

**Seasonable.**—Forced from the beginning of March to the end of June; in full season in July, August, and September.

**GEOGRAPHICAL DISTRIBUTION OF THE CUCUMBERS.**—This family is not known in the frigid zone, is somewhat rare in the temperate, but in the tropical and warmer regions throughout the world they are abundant. They are most plentiful in the continent of Hindostan; but in America are not near so plentiful. Many of the kinds supply useful articles of consumption for food, and others are actively medicinal in their virtues. Generally speaking, delicate stomachs should avoid this plant, for it is cold and indigestible.

### CUCUMBERS A LA POULETTE.

1112. **INGREDIENTS.**—2 or 3 cucumbers, salt and vinegar, 2 oz. of butter, flour, ½ pint of broth, 1 teaspoonful of minced parsley, a lump of sugar, the yolks of 2 eggs, salt and pepper to taste.

**Mode.**—Pare and cut the cucumbers into slices of an equal thickness, and let them remain in a pickle of salt and vinegar for ½ hour; then drain them in a cloth, and put them into a stewpan with the butter. Fry them over a brisk fire, but do not brown them, and then dredge over them a little flour; add the broth, skim off all the fat, which will rise to the surface, and boil gently until the gravy is somewhat reduced; but the cucumber should not be broken. Stir in the yolks of the eggs, add the parsley, sugar, and a seasoning of pepper and salt; bring the whole to the point of boiling, and serve.

**Time.**—Altogether, 1 hour.

**Average cost**, when cheapest, 4d. each.

**Sufficient** for 5 or 6 persons.

**Seasonable** in July, August, and September; but may be had, forced, from the beginning of March.

### FRIED CUCUMBERS.

1113. **INGREDIENTS.**—2 or 3 cucumbers, pepper and salt to taste, flour, oil or butter.

**Mode.**—Pare the cucumbers and cut them into slices of an equal thickness, commencing to slice from the thick, and not the stalk end of the cucumber. Wipe the slices dry with a cloth, dredge them with flour, and put them into a pan of boiling oil
or butter; Keep turning them about until brown; lift them out of the pan, let them drain, and serve, piled lightly in a dish. These will be found a great improvement to rump-steak: they should be placed on a dish with the steak on the top.

*Time.*—5 minutes. *Average cost*, when cheapest, 4d. each.

*Sufficient* for 4 or 5 persons.

*Seasonable.*—Forced from the beginning of March to the end of June; in full season in July and August.

**PROPERTIES AND USES OF THE CUCURBITS.—**The common cucumber is the *C. sativus* of science, and although the whole of the family have a similar action in the animal economy, yet there are some which present us with great anomalies. The roots of those which are perennial contain, besides fecula, which is their base, a resinous, acrid, and bitter principle. The fruits of this family, however, have in general a sugary taste, and are more or less dissolving and perfumed, as we find in the melons, gourds, cucumbers, vegetable-marrows, and squashes. But these are slightly laxative if partaken of largely. In tropical countries, this order furnishes the inhabitants with a large portion of their food, which, even in the most arid deserts and most barren islands, is of the finest quality. In China, Cashmere, and Persia, they are cultivated on the lakes on the floating collections of weeds common in these localities. In India they are everywhere abundant, either in a cultivated or wild state, and the seeds of all the family are sweet and mucilaginous.

**STEWED CUCUMBERS.**

1114. **INGREDIENTS.—**3 large cucumbers, flour, butter, rather more than ½ pint of good brown gravy.

**Mode.**—Cut the cucumbers lengthwise the size of the dish they are intended to be served in; empty them of the seeds, and put them into boiling water with a little salt, and let them simmer for 5 minutes; then take them out, place them in another stewpan, with the gravy, and let them boil over a brisk fire until the cucumbers are tender. Should these be bitter, add a lump of sugar; carefully dish them, skim the sauce, pour over the cucumbers, and serve.

*Time.*—Altogether, 20 minutes.

*Average cost*, when cheapest, 1d. each.

*Sufficient* for 3 or 4 persons.

*Seasonable* in June, July, and August; but may be had, forced, from the beginning of March.

**THE CHATE.—**This cucumber is a native of Egypt and Arabia, and produces a fruit of almost the same substance as that of the Melon. In Egypt it is esteemed by the upper class natives, as well as by Europeans, as the most pleasant fruit they have.
STEWED CUCUMBERS WITH ONIONS.

1115. INGREDIENTS.—6 cucumbers, 3 moderate-sized onions, not quite 1 pint of white stock, cayenne and salt to taste, the yolks of 2 eggs, a very little grated nutmeg.

Mode.—Pare and slice the cucumbers, take out the seeds, and cut the onions into thin slices; put these both into a stewpan, with the stock, and let them boil for ¼ hour or longer, should the cucumbers be very large. Beat up the yolks of 2 eggs; stir these into the sauce; add the cayenne, salt, and grated nutmeg; bring it to the point of boiling, and serve. Do not allow the sauce to boil, or it will curdle. This is a favourite dish with lamb or mutton chops, rump-steaks, &c.

Time.—Altogether, 20 minutes.

Average cost, when cheapest, 4d. each.

Sufficient for 6 or 7 persons.

Seasonable in July, August, and September; but may be had, forced, from the beginning of March.

THE MELON.—This is another species of the cucumber, and is highly esteemed for its rich and delicious fruit. It was introduced to this country from Jamaica, in 1570; since which period it has continued to be cultivated. It was formerly called the Musk Melon.

ENDIVE.

1116. This vegetable, so beautiful in appearance, makes an excellent addition to winter salad, when lettuces and other salad herbs are not obtainable. It is usually placed in the centre of the dish, and looks remarkably pretty with slices of beetroot, hard-boiled eggs, and curled celery placed round it, so that the colours contrast nicely. In preparing it, carefully wash and cleanse it free from insects, which are generally found near the heart; remove any decayed or dead leaves, and dry it thoroughly by shaking in a cloth. This vegetable may also be served hot, stewed in cream, brown gravy, or butter; but when dressed thus, the sauce it is stewed in should not be very highly seasoned, as that would destroy and overpower the flavour of the vegetable.

Average cost, 1d. per head.

Sufficient,—1 for a salad for 4 persons.

Seasonable from November to March.

ENDIVE.—This is the C. endivium of science, and is much used as a salad. It belongs to the family of the Compositae, with Chicory, common Goats-beard, and others of the same genus.
Withering states, that before the stems of the common Goats-beard shoot up the roots, boiled like asparagus, have the same flavour, and are nearly as nutritious. We are also informed by Villars that the children in Dauphiné universally eat the stems and leaves of the young plant before the flowers appear, with great avidity. The fresh juice of these tender herbs is said to be the best solvent of bile.

**STEWED ENDIVE.**

1117. **INGREDIENTS.**—6 heads of endive, salt and water, 1 pint of broth, thickening of butter and flour, 1 tablespoonful of lemon-juice, a small lump of sugar.

**Mode.**—Wash and free the endive thoroughly from insects, remove the green part of the leaves, and put it into boiling water, slightly salted. Let it remain for 10 minutes; then take it out, drain it till there is no water remaining, and chop it very fine. Put it into a stewpan with the broth; add a little salt and a lump of sugar, and boil until the endive is perfectly tender. When done, which may be ascertained by squeezing a piece between the thumb and finger, add a thickening of butter and flour and the lemon-juice: let the sauce boil up, and serve.

**Time.**—10 minutes to boil, 5 minutes to simmer in the broth.

**Average cost, 1d. per .**

**Sufficient for 3 or 4 persons.**

**Seasonable from November to March.**

**ENDIVE A LA FRANCAISE.**

1118. **INGREDIENTS.**—6 heads of endive, 1 pint of broth, 3 oz. of fresh butter; salt, pepper, and grated nutmeg to taste.

**Mode.**—Wash and boil the endive as in the preceding recipe; chop it rather fine, and put into a stewpan with the broth; boil over a brisk fire until the sauce is all reduced; then put in the butter, pepper, salt, and grated nutmeg (the latter must be very sparingly used); mix all well together, bring it to the boiling point, and serve very hot.

**Time,**—10 minutes to boil, 5 minutes to simmer in the broth.

**Average cost, 1d. per .**

**Sufficient for 3 or 4 persons.**

**Seasonable from November to March.**

**TO BOIL HARICOTS BLANCS, or WHITE HARICOT BEANS.**

1119. **INGREDIENTS.**—1 quart of white haricot beans, 2 quarts of soft water, 1 oz. of butter, 1 heaped tablespoonful of salt.
Mode.—Put the beans into cold water, and let them soak from 2 to 4 hours, according to their age; then put them into cold water, salted in the above proportion, bring them to boil, and let them simmer very slowly until tender; pour the water away from them, let them stand by the side of the fire, with the lid of the saucepan partially off, to allow the beans to dry; then add 1 oz. of butter and a seasoning of pepper and salt. Shake the beans about for a minute or two, and serve: do not stir them with a spoon, for fear of breaking them to pieces.

Time.—After the water boils, from 2 to 2½ hours.

Average cost, 4d. per quart.

Sufficient for 4 or 5 persons.

Seasonable in winter, when other vegetables are scarce.

Note.—Haricots blancs, when new and fresh, should be put into boiling water, and do not require any soaking previous to dressing.

HARICOTS AND LENTILS.—Although these vegetables are not much used in this country, yet in France, and other Catholic countries, from their peculiar constituent properties, they form an excellent substitute for animal food during Lent and maigre days. At the time of the prevalence of the Roman religion in this country, they were probably much more generally used than at present. As reformations are often carried beyond necessity, possibly lentils may have fallen into disuse, as an article of diet amongst Protestants, for fear the use of them might be considered a sign of popery.

HARICOTS BLANCS A LA MAITRE D'HOTEL.

1120. INGREDIENTS.—1 quart of white haricot beans, ¼ lb. of fresh butter, 1 tablespoonful of minced parsley, pepper and salt to taste, the juice of ½ lemon.

Mode.—Should the beans be very dry, soak them for an hour or two in cold water, and boil them until perfectly tender, as in the preceding recipe. If the water should boil away, replenish it with a little more cold, which makes the skin of the beans tender. Let them be very thoroughly done; drain them well; then add to them the butter, minced parsley, and a seasoning of pepper and salt. Keep moving the stewpan over the fire without using a spoon, as this would break the beans; and, when the various ingredients are well mixed with them, squeeze in the lemon-juice, and serve very hot.

Time.—From 2 to 2½ hours to boil the beans.

Average cost, 4d. per quart.
Sufficient for 4 or 5 persons.

Seasonable in winter.

HARICOT BEANS.—This is the haricot blanc of the French, and is a native of India. It ripens readily, in dry summers, in most parts of Britain, but its culture has hitherto been confined to gardens in England; but in Germany and Switzerland it is grown in fields. It is usually harvested by pulling up the plants, which, being dried, are stacked and thrashed. The haulm is both of little bulk and little use, but the seed is used in making the esteemed French dish called haricot, with which it were well if the working classes of this country were acquainted. There is, perhaps, no other vegetable dish so cheap and easily cooked, and, at the same time, so agreeable and nourishing. The beans are boiled, and then mixed with a little fat or salt butter, and a little milk or water and flour. From 3,840 parts of kidney-bean Einholff obtained 1,805 parts of matter analogous to starch, 351 of vegeto-animal matter, and 799 parts of mucilage.

HARICOT BEANS AND MINCED ONIONS.

1121. INGREDIENTS.—1 quart of white haricot beans, 4 middling-sized onions, ¼ pint of good brown gravy, pepper and salt to taste, a little flour.

Mode.—Peel and mince the onions not too finely, and fry them in butter of a light brown colour; dredge over them a little flour, and add the gravy and a seasoning of pepper and salt. Have ready a pint of haricot beans well boiled and drained; put them with the onions and gravy, mix all well together, and serve very hot.

Time.—From 2 to 2-½ hours to boil the beans; 5 minutes to fry the onions.

Average cost, 4d. per quart.

Sufficient for 4 or 5 persons.

Seasonable in winter.

HORSERADISH.

1122. This root, scraped, is always served with hot roast beef, and is used for garnishing many kinds of boiled fish. Let the horseradish remain in cold water for an hour; wash it well, and with a sharp knife scrape it into very thin shreds, commencing from the thick end of the root. Arrange some of it lightly in a small glass dish, and the remainder use for garnishing the joint: it should be placed in tufts round the border of the dish, with 1 or 2 bunches on the meat.

Average cost, 2d. per stick.

Seasonable from October to June.

THE HORSERADISH.—This belongs to the tribe Alyssidae, and is highly stimulant and exciting to the stomach. It has been recommended in chronic rheumatism, palsy, dropsical complaints, and in cases of enfeebled digestion. Its principal use, however, is as a condiment to promote appetite and excite the digestive organs. The horseradish contains sulphur to the extent of thirty per cent, in
the number of its elements; and it is to the presence of this quality that the metal vessels in
which the radish is sometimes distilled, are turned into a black colour. It is one of the most
powerful excitants and antiscorbutics we have, and forms the basis of several medical
preparations, in the form of wines, tinctures, and syrups.

LETTUCES.

1123. These form one of the principal ingredients to summer salads; should be nicely
blanched, and be eaten young. They are seldom served in any other way, but may be
stewed and sent to table in a good brown gravy flavoured with lemon-juice. In
preparing them for a salad, carefully wash them free from dirt, pick off all the decayed
and outer leaves, and dry them thoroughly by shaking them in a cloth. Cut off the
stalks, and either halve or cut the lettuces into small pieces. The manner of cutting
them up entirely depends on the salad for which they are intended. In France the
lettuces are sometimes merely wiped with a cloth and not washed, the cooks there
declaring that the act of washing them injuriously affects the pleasant crispness of the
plant: in this case scrupulous attention must be paid to each leaf, and the grit
thoroughly wiped away.

Average cost, when cheapest, 1d. each.

Sufficient.—Allow 2 lettuces for 4 or 5 persons.

Seasonable from March to the end of August, but may be had all the
year.

THE LETTUCE.—All the varieties of the garden lettuce have originated from
the Lactuca sativa of science, which has never yet been found in a wild state.
Hence it may be concluded that it is merely another form of some species,
changed through the effects of cultivation. In its young state, the lettuce forms
a well-known and wholesome salad, containing a bland pellucid juice, with
little taste or smell, and having a cooling and soothing influence on the
system. This arises from the large quantities of water and mucilage it contains,
and not from any narcotic principle which it is supposed to possess. During
the period of flowering, it abounds in a peculiar milky juice, which flows from
the stem when wounded, and which has been found to be possessed of decided
medicinal properties.

BAKED MUSHROOMS.
(A Breakfast, Luncheon, or Supper Dish.)

1124. INGREDIENTS.—16 to 20 mushroom-flaps, butter, pepper to taste.

Mode.—For this mode of cooking, the mushroom flaps are better than the buttons,
and should not be too large. Cut off a portion of the stalk, peel the top, and wipe the
mushrooms carefully with a piece of flannel and a little fine salt. Put them into a tin
baking-dish, with a very small piece of butter placed on each mushroom; sprinkle
over a little pepper, and let them bake for about 20 minutes, or longer should the
mushrooms be very large. Have ready a very hot dish, pile the mushrooms high in the
centre, pour the gravy round, and send them to table quickly, with very hot plates.

Time.—20 minutes; large mushrooms, ½ hour.
Average cost, 1d. each for large mushroom-flaps.

Sufficient for 5 or 6 persons.

Seasonable.—Meadow mushrooms in September and October; cultivated mushrooms may be had at any time.

Fungi.—These are common parasitical plants, originating in the production of copious filamentous threads, called the mycelium, or spawn. Rounded tubers appear on the mycelium; some of these enlarge rapidly, burst an outer covering, which is left at the base, and protrude a thick stalk, bearing at its summit a rounded body, which in a short time expands into the pileus or cap. The gills, which occupy its lower surface, consist of parallel plates, bearing naked sporules over their whole surface. Some of the cells, which are visible by the microscope, produce four small cells at their free summit, apparently by germination and constriction. These are the sporules, and this is the development of the Agarics.

BROILED MUSHROOMS.
(A Breakfast, Luncheon, or Supper Dish.)

1125. INGREDIENTS.—Mushroom-flaps, pepper and salt to taste, butter, lemon-juice.

Mode.—Cleanse the mushrooms by wiping them with a piece of flannel and a little salt; cut off a portion of the stalk, and peel the tops; broil them over a clear fire, turning them once, and arrange them on a very hot dish. Put a small piece of butter on each mushroom, season with pepper and salt, and squeeze over them a few drops of lemon-juice. Place the dish before the fire, and when the butter is melted, serve very hot and quickly. Moderate-sized flaps are better suited to this mode of cooking than the buttons: the latter are better in stews.

Time.—10 minutes for medium-sized mushrooms.

Average cost, 1d. each for large mushrooms.

Sufficient.—Allow 3 or 4 mushrooms to each person.

Seasonable.—Meadow mushrooms in September and October; cultivated mushrooms may be had at any time.

Varieties of the mushroom.—The common mushroom found in our pastures is the Agaricus campestris of science, and another edible British species is A. Georgii; but A. primulus is affirmed to be the most delicious mushroom. The morel is Morchella esculenta, and Tuber cibarium is the common truffle. There is in New Zealand a long fungus, which grows from the of a caterpillar,
and which forms a horn, as it were, and is called *Sphaeria Robertsii*.

**TO PRESERVE MUSHROOMS.**

1126. INGREDIENTS.—To each quart of mushrooms, allow 3 oz. of butter, pepper and salt to taste, the juice of 1 lemon, clarified butter.

*Mode.*—Peel the mushrooms, put them into cold water, with a little lemon-juice; take them out and dry them very carefully in a cloth. Put the butter into a stewpan capable of holding the mushrooms; when it is melted, add the mushrooms, lemon-juice, and a seasoning of pepper and salt; draw them down over a slow fire, and let them remain until their liquor is boiled away, and they have become quite dry, but be careful in not allowing them to stick to the bottom of the stewpan. When done, put them into pots, and pour over the top clarified butter. If wanted for immediate use, they will keep good a few days without being covered over. To re-warm them, put the mushrooms into a stewpan, strain the butter from them, and they will be ready for use.

*Average cost*, 1d. each.

*Seasonable.*—Meadow mushrooms in September and October; cultivated mushrooms may be had at any time.

**LOCALITIES OF THE MUSHROOM.**—Mushrooms are to be met with in pastures, woods, and marshes, but are very capricious and uncertain in their places of growth, multitudes being obtained in one season where few or none were to be found in the preceding. They sometimes grow solitary, but more frequently they are gregarious, and rise in a regular circular form. Many species are employed by man as food; but, generally speaking, they are difficult of digestion, and by no means very nourishing. Many of them are also of suspicious qualities. Little reliance can be placed either on their taste, smell, or colour, as much depends on the situation in which they vegetate; and even the same plant, it is affirmed, may be innocent when young, but become noxious when advanced in age.

**STEWED MUSHROOMS.**

1127. INGREDIENTS.—1 pint mushroom-buttons, 3 oz. of fresh butter, white pepper and salt to taste, lemon-juice, 1 teaspoonful of flour, cream or milk, 1 teaspoonful of grated nutmeg.

*Mode.*—Cut off the ends of the stalks, and pare neatly a pint of mushroom-buttons; put them into a basin of water, with a little lemon-juice, as they are done. When all are prepared, take them from the water with the hands, to avoid the sediment, and put them into a stewpan with the fresh butter, white pepper, salt, and the juice of ½ lemon; cover the pan closely, and let the mushrooms stew gently from 20 to 25 minutes; then thicken the butter with the above proportion of flour, add gradually sufficient cream, or cream and milk, to make the sauce of a proper consistency, and put in the grated nutmeg. If the mushrooms are not perfectly tender, stew them for 5 minutes longer, remove every particle of butter which may be floating on the top, and serve.

*Time.*—½ hour. *Average cost*, from 9d. to 2s. per pint.

*Sufficient* for 5 or 6 persons.
Seasonable.—Meadow mushrooms in September and October.

TO PROCURE MUSHROOMS.—In order to obtain mushrooms at all seasons, several methods of propagation have been had recourse to. It is said that, in some parts of Italy, a species of stone is used for this purpose, which is described as being of two different kinds; the one is found in the chalk hills near Naples, and has a white, porous, stalactical appearance; the other is a hardened turf from some volcanic mountains near Florence. These stones are kept in cellars, and occasionally moistened with water which has been used in the washing of mushrooms, and are thus supplied with their minute seeds. In this country, gardeners provide themselves with what is called spawn, either from the old manure of cucumber-beds, or purchase it from those whose business it is to propagate it. When thus procured, it is usually made up for sale in quadrils, consisting of numerous white fibrous roots, having a strong smell of mushrooms. This is planted in rows, in a dry situation, and carefully attended to for five or six weeks, when the bed begins to produce, and continues to do so for several months.

STEWED MUSHROOMS IN GRAVY.

1128. INGREDIENTS.—1 pint of mushroom-buttons, 1 pint of brown gravy No. 436, ¼ teaspoonful of grated nutmeg, cayenne and salt to taste.

Mode.—Make a pint of brown gravy by recipe 436; cut nearly all the stalks away from the mushrooms and peel the tops; put them into a stewpan, with the gravy, and simmer them gently from 20 minutes to ½ hour. Add the nutmeg and a seasoning of cayenne and salt, and serve very hot.

Time.—20 minutes to ½ hour.

Average cost, 9d. to 2s. per pint.

Sufficient for 5 or 6 persons.

Seasonable.—Meadow mushrooms in September and October.

ANALYSIS OF FUNGI.—The fungi have been examined chemically with much care, both by MM. Bracannot and Vauquelin, who designate the insoluble spongy matter by the name of fungin, and the soluble portion is found to contain the bolotic and the fungic acids.

BAKED SPANISH ONIONS.

1129. INGREDIENTS.—4 or 5 Spanish onions, salt, and water.

Mode.—Put the onions, with their skins on, into a saucepan of boiling water slightly salted, and let them boil quickly for an hour. Then take them out, wipe them thoroughly, wrap each one in a piece of paper separately, and bake them in a moderate oven for 2 hours, or longer, should the onions be very large. They may be served in their skins, and eaten with a piece of cold butter and a seasoning of pepper and salt; or they may be peeled, and a good brown gravy poured over them.

Time.—1 hour to boil, 2 hours to bake.
Average cost, medium-sized, 2d. each.

Sufficient for 5 or 6 persons.

Seasonable from September to January.

THE GENUS ALLIUM.—The Onion, like the Leek, Garlic, and Shalot, belongs to the genus *Allium*, which is a numerous species of vegetable; and every one of them possesses, more or less, a volatile and acrid penetrating principle, pricking the thin transparent membrane of the eyelids; and all are very similar in their properties. In the whole of them the bulb is the most active part, and any one of them may supply the place of the other; for they are all irritant, excitant, and vesicant. With many, the onion is a very great favourite, and is considered an extremely nutritive vegetable. The Spanish kind is frequently taken for supper, it being simply boiled, and then seasoned with salt, pepper, and butter. Some dredge on a little flour, but many prefer it without this.

BURNT ONIONS FOR GRAVIES.

1130. INGREDIENTS.—½ lb. of onions, 1/3 pint of water, ½ lb. of moist sugar, 1/3 pint of vinegar.

Mode.—Peel and chop the onions fine, and put them into a stewpan (not tinned), with the water; let them boil for 5 minutes, then add the sugar, and simmer gently until the mixture becomes nearly black and throws out bubbles of smoke. Have ready the above proportion of boiling vinegar, strain the liquor gradually to it, and keep stirring with a wooden spoon until it is well incorporated. When cold, bottle for use.

Time.—Altogether, 1 hour.

PROPERTIES OF THE ONION.—The onion is possessed of a white, acrid, volatile oil, holding sulphur in solution, albumen, a good deal of uncrystallizable sugar and mucilage; phosphoric acid, both free and combined with lime; acetic acid, citrate of lime, and lignine. Of all the species of allium, the onion has the volatile principle in the greatest degree; and hence it is impossible to separate the scales of the root without the eyes being affected. The juice is sensibly acid, and is capable of being, by fermentation, converted into vinegar, and, mixed with water or the dregs of beer, yields, by distillation, an alcoholic liquor. Although used as a common esculent, onions are not suited to all stomachs; there are some who cannot eat them either fried or roasted, whilst others prefer them boiled, which is the best way of using them, as, by the process they then undergo, they are deprived of their essential oil. The pulp of roasted onions, with oil, forms an excellent anodyne and emollient poultice to suppurating tumours.

STEWED SPANISH ONIONS.

1131. INGREDIENTS.—5 or 6 Spanish onions, 1 pint of good broth or gravy.

Mode.—Peel the onions, taking care not to cut away too much of the tops or tails, or they would then fall to pieces; put them into a stewpan capable of holding them at the bottom without piling them one on the top of another; add the broth or gravy, and simmer very gently until the onions are perfectly tender. Dish them, pour the gravy round, and serve. Instead of using broth, Spanish onions may be stewed with a large piece of butter: they must be done very gradually over a slow fire or hot-plate, and will produce plenty of gravy.
Time.—To stew in gravy, 2 hours, or longer if very large.

Average cost.—medium-sized, 2d. each.

Sufficient for 6 or 7 persons.

Seasonable from September to January.

Note.—Stewed Spanish onions are a favourite accompaniment to roast shoulder of mutton.

ORIGIN OF THE ONION.—This vegetable is thought to have originally come from India, through Egypt, where it became an object of worship. Thence it was transmitted to Greece, thence to Italy, and ultimately it was distributed throughout Europe, in almost every part of which it has, from time immemorial, been cultivated. In warm climates it is found to be less acrid and much sweeter than in colder latitudes; and in Spain it is not at all unusual to see a peasant munching an onion, as an Englishman would an apple. Spanish onions, which are imported to this country during the winter months, are, when properly roasted, perfectly sweet, and equal to many preserves.

BOILED PARSNIPS.

1132. INGREDIENTS.—Parsnips; to each gallon of water allow 1 heaped tablespoonful of salt.

Mode.—Wash the parsnips, scrape them thoroughly, and, with the point of the knife, remove any black specks about them, and, should they be very large, cut the thick part into quarters. Put them into a saucepan of boiling water salted in the above proportion, boil them rapidly until tender, which may be ascertained by thrusting a fork in them; take them up, drain them, and serve in a vegetable-dish. This vegetable is usually served with salt fish, boiled pork, or boiled beef: when sent to table with the latter, a few should be placed alternately with carrots round the dish, as a garnish.

Time.—Large parsnips, 1 to 1½ hour; small ones, ½ to 1 hour.

Average cost, 1d. each.

Sufficient.—Allow 1 for each person.

Seasonable from October to May.

THE PARSNIP.—This vegetable is found wild in meadows all over Europe, and, in England, is met with very frequently on dry banks in a chalky soil. In its wild state, the root is white, mucilaginous, aromatic, and sweet, with some degree of acrimony: when old, it has been known to cause vertigo. Willis relates that a whole family fell into delirium from having eaten of its roots, and cattle never touch it in its wild state. In domestic economy the parsnip is much used, and is found to be a highly nutritious vegetable. In times of scarcity, an excellent bread has been made from the roots, and they also furnish an excellent wine, resembling the malmsay of Madeira and the Canaries: a spirit is also obtained from them in as
great quantities as from carrots. The composition of the parsnip-root has been found to be 79.4 of water, 0.9 starch and fibre, 6.1 gum, 5.5 sugar, and 2.1 of albumen.

**BOILED GREEN PEAS.**

1133. INGREDIENTS.—Green peas; to each ½ gallon of water allow 1 small teaspoonful of moist sugar, 1 heaped tablespoonful of salt.

*Mode.*—This delicious vegetable, to be eaten in perfection, should be young, and not *gathered* or *shelled* long before it is dressed. Shell the peas, wash them well in cold water, and drain them; then put them into a saucepan with plenty of *fast-boiling* water, to which salt and *moist sugar* have been added in the above proportion; let them boil quickly over a brisk fire, with the lid of the saucepan uncovered, and be careful that the smoke does not draw in. When tender, pour them into a colander; put them into a hot vegetable-dish, and quite in the centre of the peas place a piece of butter, the size of a walnut. Many cooks boil a small bunch of mint *with* the peas, or garnish them with it, by boiling a few sprigs in a saucepan by themselves. Should the peas be very old, and difficult to boil a good colour, a very tiny piece of soda may be thrown in the water previous to putting them in; but this must be very sparingly used, as it causes the peas, when boiled, to have a smashed and broken appearance. With young peas, there is not the slightest occasion to use it.

*Time.*—Young peas, 10 to 15 minutes; the large sorts, such as marrowfats, &c., 18 to 24 minutes; old peas, ½ hour.

*Average cost,* when cheapest, 6d. per peck; when first in season, 1s. to 1s. 6d. per peck.

*Sufficient.*—Allow 1 peck of unshelled peas for 4 or 5 persons.

*Seasonable* from June to the end of August.

**ORIGIN OF THE PEA.**—All the varieties of garden peas which are cultivated have originated from the *Pisum sativum*, a native of the south of Europe; and field peas are varieties of *Pisum arvense*. The Everlasting Pea is *Lathyrus latifolius*, an old favourite in flower-gardens. It is said to yield an abundance of honey to bees, which are remarkably fond of it. In this country the pea has been grown from time immemorial; but its culture seems to have diminished since the more general introduction of herbage, plants, and roots.

**GREEN PEAS A LA FRANCAISE.**

1134. INGREDIENTS.—2 quarts of green peas, 3 oz. of fresh butter, a bunch of parsley, 6 green onions, flour, a small lump of sugar, ½ teaspoonful of salt, a teaspoonful of flour.

*Mode.*—Shell sufficient fresh-gathered peas to fill 2 quarts; put them into cold water, with the above proportion of butter, and stir them about until they are well covered with the butter; drain them in a colander, and put them in a stewpan, with the parsley and onions; dredge over them a little flour, stir the peas well, and moisten them with boiling water; boil them quickly over a large fire for 20 minutes, or until there is no liquor remaining. Dip a small lump of sugar into some water, that it may soon melt;
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put it with the peas, to which add ½ teaspoonful of salt. Take a piece of butter the size of a walnut, work it together with a teaspoonful of flour; and add this to the peas, which should be boiling when it is put in. Keep shaking the stewpan, and, when the peas are nicely thickened, dress them high in the dish, and serve.

*Time.*—Altogether, ¾ hour. *Average cost*, 6d. per peck.

*Sufficient* for 4 or 5 persons.

*Seasonable* from June to the end of August.

**VARIETIES OF THE PEA.**—The varieties of the Pea are numerous; but they may be divided into two classes—those grown for the ripened seed, and those grown for gathering in a green state. The culture of the latter is chiefly confined to the neighbourhoods of large towns, and may be considered as in part rather to belong to the operations of the gardener than to those of the agriculturist. The grey varieties are the early grey, the late grey, and the purple grey; to which some add the Marlborough grey and the horn grey. The white varieties grown in fields are the pearl, early Charlton, golden hotspur, the common white, or Suffolk, and other Suffolk varieties.

**STEWED GREEN PEAS.**

1135. **INGREDIENTS.**—1 quart of peas, 1 Lettuce, 1 onion, 2 oz. of butter, pepper and salt to taste, 1 egg, ½ teaspoonful of powdered sugar.

**Mode.**—Shell the peas, and cut the onion and lettuce into slices; put these into a stewpan, with the butter, pepper, and salt, but with no more water than that which hangs round the lettuce from washing. Stew the whole very gently for rather more than 1 hour; then stir to it a well-beaten egg, and about ½ teaspoonful of powdered sugar. When the peas, &c., are nicely thickened, serve but, after the egg is added, do not allow them to boil.

*Time.*—1-¼ hour. *Average cost*, 6d. per peck.

*Sufficient* for 3 or 4 persons.

*Seasonable* from June to the end August.

**THE SWEET-PEA AND THE HEATH OR WOOD-PEA.**—The well-known sweet-pea forms a fine covering to a trellis, or lattice-work in a flower-garden. Its gay and fragrant flowers, with its rambling habit, render it peculiarly adapted for such a purpose. The wood-pea, or heath-pea, is found in the heaths of Scotland, and the Highlanders of that country are extremely partial to them, and dry and chew them to give a greater relish to their whiskey. They also regard them as good against chest complaints, and say that by the use of them they are enabled to withstand hunger and thirst for a long
time. The peas have a sweet taste, somewhat like the root of liquorice, and, when boiled, have
an agreeable flavour, and are nutritive. In times of scarcity they have served as an article of
food. When well boiled, a fork will pass through them; and, slightly dried, they are roasted,
and in Holland and Flanders served up like chestnuts.

BAKED POTATOES.

1136. INGREDIENTS.—Potatoes.

Mode.—Choose large potatoes, as much of a size as possible; wash them in lukewarm water, and scrub
them well, for the browned skin of a baked potato is by many persons considered the better part of it. Put
them into a moderate oven, and bake them for about 2 hours, turning them three or four times whilst they are cooking. Serve them in a
napkin immediately they are done, as, if kept a long time in the oven, they have a
shrivelled appearance. Potatoes may also be roasted before the fire, in an American
oven; but when thus cooked, they must be done very slowly. Do not forget to send to
table with them a piece of cold butter.

Time.—Large potatoes, in a hot oven 1-½ hour to 2 hours; in a cool oven, 2 to 2-½
hours.

Average cost, 4s. per bushel.

Sufficient.—Allow 2 to each person.

Seasonable all the year, but not good just before and whilst new potatoes are in
season.

POTATO-SUGAR.—This sugary substance, found in the tubers of potatoes, is obtained in the
form of syrup or treacle, and has not yet been crystallized. It resembles the sugar of grapes,
has a very sweet taste, and may be used for making sweetmeats, and as a substitute for honey.
Sixty pounds of potatoes, yielding eight pounds of dry starch, will produce seven and a half
pounds of sugar. In Russia it is extensively made, as good, though of less consistency than the
treacle obtained from cane-sugar. A spirit is also distilled from the tubers, which resembles
brandy, but is milder, and has a flavour as if it were charged with the odour of violets or
raspberries. In France this manufacture is carried on pretty extensively, and five hundred
pounds of the tubers will produce twelve quarts of spirit, the pulp being given to cattle.

TO BOIL POTATOES.

1137. INGREDIENTS.—10 or 12 potatoes; to each ½ gallon of water allow 1 heaped
tablespoonful of salt.

Mode.—Choose potatoes of an equal size, pare them, take out all the eyes and specks,
and as they are peeled, throw them into cold water. Put them into a saucepan, with
sufficient cold water to cover them, with salt in the above proportion, and let them
boil gently until tender. Ascertain when they are done by thrusting a fork in them, and
take them up the moment they feel soft through; for if they are left in the water
afterwards, they become waxy or watery. Drain away the water, put the saucepan by
the side of the fire, with the lid partially uncovered, to allow the steam to escape, and
let the potatoes get thoroughly dry, and do not allow them to get burnt. Their superfluous moisture will evaporate, and the potatoes, if a good sort, should be perfectly mealy and dry. Potatoes vary so much in quality and size, that it is difficult to give the exact time for boiling; they should be attentively watched, and probed with a fork, to ascertain when they are cooked. Send them to table quickly, and very hot, and with an opening in the cover of the dish, that a portion of the steam may evaporate, and not fall back on the potatoes.

**Time.**—Moderate-sized old potatoes, 15 to 20 minutes after the water boils; large ones, ½ hour to 35 minutes.

**Average cost**, 4s. per bushel.

**Sufficient** for 6 persons.

**Seasonable** all the year, but not good just before and whilst new potatoes are in season.

**Note.**—To keep potatoes hot, after draining the water from them, put a folded cloth or flannel (kept for the purpose) on the top of them, keeping the saucepan-lid partially uncovered. This will absorb the moisture, and keep them hot some time without spoiling.

**THE POTATO.**—The potato belongs to the family of the *Solanaceae*, the greater number of which inhabit the tropics, and the remainder are distributed over the temperate regions of both hemispheres, but do not extend to the arctic and antarctic zones. The whole of the family are suspicious; a great number are narcotic, and many are deleterious. The roots partake of the properties of the plants, and are sometimes even more active. The tubercles of such as produce them, are amylaceous and nutritive, as in those of the potato. The leaves are generally narcotic; but they lose this principle in boiling, as is the case with the *Solanum nigrum*, which are used as a vegetable when cooked.

**TO BOIL POTATOES IN THEIR JACKETS.**

1138. **INGREDIENTS.**—10 or 12 potatoes; to each ½ gallon of water, allow 1 heaped tablespoonful of salt.

**Mode.**—To obtain this wholesome and delicious vegetable cooked in perfection, it should be boiled and sent to table with the skin on. In Ireland, where, perhaps, the cooking of potatoes is better understood than in any country, they are always served so. Wash the potatoes well, and if necessary, use a clean scrubbing-brush to remove the dirt from them; and if possible, choose the potatoes so that they may all be as nearly the same size as possible. When thoroughly cleansed, fill the saucepan half full with them, and just cover the potatoes with cold water, salted in the above proportion: they are more quickly boiled with a small quantity of water, and, besides, are more savoury than when drowned in it. Bring them to boil, then draw the pan to the side of the fire, and let them simmer gently until tender. Ascertain when they are done by probing them with a fork; then pour off the water, uncover the saucepan, and let the potatoes dry by the side of the fire, taking care not to let them burn. Peel them quickly, put them in a very hot vegetable-dish, either with or without a napkin, and serve very quickly. After potatoes are cooked, they should never be entirely covered
up, as the steam, instead of escaping, falls down on them, and makes them watery and insipid. In Ireland they are usually served up with the skins on, and a small plate is placed by the side of each guest.

Time.—Moderate-sized potatoes, with their skins on, 20 to 25 minutes after the water boils; large potatoes, 25 minutes to \(\frac{3}{4}\) hour, or longer; 5 minutes to dry them.

Average cost, 4s. per bushel. Sufficient for 6 persons.

Seasonable all the year, but not good just before and whilst new potatoes are in season.

ANALYSIS OF THE POTATO.—Next to the cereals, the potato is the most valuable plant for the production of human food. Its tubers, according to analysis conducted by Mr. Fromberg, in the laboratory of the Agricultural Chemical Association in Scotland, contain the following ingredients:—75.52 per cent. of water, 15.72 starch, 0.55 dextrine, 3.3 of impure saccharine matter, and 3.25 of fibre with coagulated albumen. In a dried state the tuber contains 64.2 per cent, of starch, 2.25 of dextrine, 13.47 of impure saccharine matter, 5.77 of caseine, gluten, and albumen, 1 of fatty matter, and 13.31 of fibre with coagulated albumen.

TO BOIL NEW POTATOES.

1139. INGREDIENTS.—Potatoes; to each \(\frac{1}{2}\) gallon of water allow 1 heaped tablespoonful of salt.

Mode.—Do not have the potatoes dug long before they are dressed, as they are never good when they have been out of the ground some time. Well wash them, rub off the skins with a coarse cloth, and put them into boiling water salted in the above proportion. Let them boil until tender; try them with a fork, and when done, pour the water away from them; let them stand by the side of the fire with the lid of the saucepan partially uncovered, and when the potatoes are thoroughly dry, put them into a hot vegetable-dish, with a piece of butter the size of a walnut; pile the potatoes over this, and serve. If the potatoes are too old to have the skins rubbed off, boil them in their jackets; drain, peel, and serve them as above, with a piece of butter placed in the midst of them.

Time.—\(\frac{1}{4}\) to \(\frac{1}{2}\) hour, according to the size.

Average cost, in full season, 1d. per lb.

Sufficient.—Allow 3 lbs. for 5 or 6 persons.

Seasonable in May and June, but may be had, forced, in March.

POTATO STARCH.—This fecula has a beautiful white crystalline appearance, and is inodorous, soft to the touch, insoluble in cold, but readily soluble in boiling water. It is on this starch that the nutritive properties of the tubers depend. As an aliment, it is well adapted for invalids and persons of delicate constitution. It may be used in the form of arrow-root, and eaten with milk or sugar. For pastry of all kinds it is more light and easier of digestion than that made with flour of wheat. In confectionery it serves to form creams and jellies, and in cookery may be used to thicken soups and sauces. It accommodates itself to the chest and stomach of children, for whom it is well adapted; and it is an aliment that cannot be too generally used, as much on account of its wholesomeness as its cheapness, and the ease with
which it is kept, which are equal, if not superior, to all the much-vaunted exotic feculae; as, 
salep, tapioca, sago, and arrow-root.

**TO STEAM POTATOES.**

1140. **INGREDIENTS.**—Potatoes; boiling water.

**Mode.**—This mode of cooking potatoes is now much in vogue, particularly where 
they are wanted on a large scale, it being so very convenient. Pare the potatoes, throw
them into cold water as they are peeled, then put them into a steamer. Place the
steamer over a saucepan of boiling water, and steam the potatoes from 20 to 40
minutes, according to the size and sort. When a fork goes easily through them, they
are done; then take them up, dish, and serve very quickly.

**Time.**—20 to 40 minutes. **Average cost**, 4s. per bushel.

**Sufficient.**—Allow 2 large potatoes to each person.

**Seasonable** all the year, but not so good whilst new potatoes are in season.

**USES OF THE POTATO.**—Potatoes boiled and beaten along with sour milk form a sort of
cheese, which is made in Saxony; and, when kept in close vessels, may be preserved for
several years. It is generally supposed that the water in which potatoes are boiled is injurious;
and as instances are recorded where cattle having drunk it were seriously affected, it may be
well to err on the safe side, and avoid its use for any alimentary purpose. Potatoes which have
been exposed to the air and become green, are very unwholesome. Cadet de Vaux asserts that
potatoes will clean linen as well as soap; and it is well known that the berries of the S.
saponaceum are used in Peru for the same purpose.

**HOW TO USE COLD POTATOES.**

1141. **INGREDIENTS.**—The remains of cold potatoes; to every lb. allow 2
tablespoonfuls of flour, 2 ditto of minced onions, 1 oz. of butter, milk.

**Mode.**—Mash the potatoes with a fork until perfectly free from lumps; stir in the other
ingredients, and add sufficient milk to moisten them well; press the potatoes into a
mould, and bake in a moderate oven until nicely brown, which will be in from 20
minutes to ½ hour. Turn them out of the mould, and serve.

**Time.**—20 minutes to ½ hour.

**Seasonable** at any time.

**POTATO BREAD.**—The manner in which this is made is very simple. The adhesive tendency
of the flour of the potato acts against its being baked or kneaded without being mixed with
wheaten flour or meal; it may, however, be made into cakes in the following manner:—A
small wooden frame, nearly square, is laid on a pan like a frying-pan and is grooved, and so
constructed that, by means of a presser or lid introduced into the groove, the cake is at once
fashioned, according to the dimensions of the mould. The frame containing the farina may be
almost immediately withdrawn after the mould is formed upon the pan; because, from the
consistency imparted to the incipient cake by the heat, it will speedily admit of being safely
handled: it must not, however, be fried too hastily. It will then eat very palatably, and might
from time to time be soaked for puddings, like tapioca, or might be used like the cassada-cake,
FRIED POTATOES
(French Fashion).

1142. INGREDIENTS.—Potatoes, hot butter or clarified dripping, salt.

Mode.—Peel and cut the potatoes into thin slices, as nearly the same size as possible; make some butter or dripping quite hot in a frying-pan; put in the potatoes, and fry them on both sides of a nice brown. When they are crisp and done, take them up, place them on a cloth before the fire to drain the grease from them, and serve very hot, after sprinkling them with salt. These are delicious with rump-steak, and, in France, are frequently served thus as a breakfast dish. The remains of cold potatoes may also be sliced and fried by the above recipe, but the slices must be cut a little thicker.

Time.—Sliced raw potatoes, 5 minutes; cooked potatoes, 5 minutes.

Average cost, 4s. per bushel.

Sufficient,—6 sliced potatoes for 3 persons.

Seasonable at any time.

A GERMAN METHOD OF COOKING POTATOES.

1143. INGREDIENTS.—8 to 10 middling-sized potatoes, 3 oz. of butter, 2 tablespoonfuls of flour, ½ pint of broth, 2 tablespoonfuls of vinegar.

Mode.—Put the butter and flour into a stewpan; stir over the fire until the butter is of a nice brown colour, and add the broth and vinegar; peel and cut the potatoes into long thin slices, lay them in the gravy, and let them simmer gently until tender, which will be in from 10 to 15 minutes, and serve very hot. A laurel-leaf simmered with the potatoes is an improvement.

Time.—10 to 15 minutes.

Seasonable at any time.

PRESERVING POTATOES.—In general, potatoes are stored or preserved in pits, cellars, pies, or camps; but, whatever mode is adopted, it is essential that the tubers be perfectly dry; otherwise, they will surely rot; and a few rotten potatoes will contaminate a whole mass. The pie, as it is called, consists of a trench, lined and covered with straw; the potatoes in it being piled in the shape of a house roof, to the height of about three feet. The camps are shallow pits, filled and ridged up in a similar manner, covered up with the excavated mould of the pit. In Russia and Canada, the potato is preserved in boxes, in houses or cellars, heated, when necessary, to a temperature one or two degrees above the freezing-point, by stoves. To keep potatoes for a considerable time, the best way is to place them in thin layers on a platform suspended in an ice-cellar; there, the temperature being always below that of active vegetation, they will not sprout; while, not being above one or two degrees below the freezing-point, the tubers will not be frosted bitten. Another mode is to scoop out the eyes with a very small scoop, and keep the roots buried in earth; a third mode is to destroy the vital principle, by kiln-drying.
steaming, or scalding; a fourth is to bury them so deep in dry soil, that no change of
temperature will reach them; and thus, being without air, they will remain upwards of a year
without vegetating.

POTATOES A LA MAITRE D'HOTEL.

1144. INGREDIENTS.—Potatoes, salt and water; to every 6 potatoes allow 1
tablespoonful of minced parsley, 2 oz. of butter, pepper and salt to taste, 4
tablespoonfuls of gravy, 2 tablespoonfuls of lemon-juice.

Mode.—Wash the potatoes clean, and boil them in salt and water by recipe No. 1138;
when they are done, drain them, let them cool; then peel and cut the potatoes into
thick slices: if these are too thin, they would break in the sauce. Put the butter into a
stewpan with the pepper, salt, gravy, and parsley; mix these ingredients well together,
put in the potatoes, shake them two or three times, that they may be well covered with
the sauce, and, when quite hot through, squeeze in the lemon-juice, and serve.

Time.—½ to ¾ hour to boil the potatoes; 10 minutes for them to heat in the sauce.

Average cost, 4s. per bushel.

Sufficient for 3 persons. Seasonable all the year.

MASHED POTATOES.

1145. INGREDIENTS.—Potatoes; to every lb. of mashed potatoes allow 1 oz. of
butter, 2 tablespoonfuls of milk, salt to taste.

Mode.—Boil the potatoes in their skins; when done, drain them, and let them get
thoroughly dry by the side of the fire; then peel them, and, as they are peeled, put
them into a clean saucepan, and with a large fork beat them to a light paste; add
butter, milk, and salt in the above proportion, and stir all the ingredients well over the
fire. When thoroughly hot, dish them lightly, and draw the fork backwards over the
potatoes to make the surface rough, and serve. When dressed in this manner, they may
be browned at the top with a salamander, or before the fire. Some cooks press the
potatoes into moulds, then turn them out, and brown them in the oven: this is a pretty
mode of serving, but it makes them heavy. In whatever way they are sent to table, care
must be taken to have them quite free from lumps.

Time.—From ½ to ¾ hour to boil the potatoes.

Average cost, 4s. per bushel.

Sufficient,—1 lb. of mashed potatoes for 3 persons.

Seasonable at any time.
PUREE DE POMMES DE TERRE, or, Very Thin-mashed Potatoes.

1146. INGREDIENTS.—To every lb. of mashed potatoes allow ¼ pint of good broth or stock, 2 oz. of butter.

Mode.—Boil the potatoes, well drain them, and pound them smoothly in a mortar, or beat them up with a fork; add the stock or broth, and rub the potatoes through a sieve. Put the puree into a very clean saucepan with the butter; stir it well over the fire until thoroughly hot, and it will then be ready to serve. A puree should be rather thinner than mashed potatoes, and is a delicious accompaniment to delicately broiled mutton cutlets. Cream or milk may be substituted for the broth when the latter is not at hand. A casserole of potatoes, which is often used for ragoûts instead of rice, is made by mashing potatoes rather thickly, placing them on a dish, and making an opening in the centre. After having browned the potatoes in the oven, the dish should be wiped clean, and the ragout or fricassée poured in.

Time.—About ½ hour to boil the potatoes; 6 or 7 minutes to warm the purée.

Average cost, 4s. per bushel.

Sufficient.—Allow 1 lb. of cooked potatoes for 3 persons.

Seasonable at any time.

VARIETIES OF THE POTATO.—
These are very numerous. "They differ," says an authority, "in their leaves and bulk of haulm; in the colour of the skin of the tubers; in the colour of the interior, compared with that of the skin; in the time of ripening; in being farinaceous, glutinous, or watery; in tasting agreeably or disagreeably; in cooking readily or tediously; in the length of the subterraneous stolones to which the tubers are attached; in blossoming or not blossoming; and finally, in the soil which they prefer."

The earliest varieties grown in fields are,—the Early Kidney, the Nonsuch, the Early Shaw, and the Early Champion. This last is the most generally cultivated round London: it is both mealy and hardy. The sweet potato is but rarely eaten in Britain; but in America it is often served at table, and is there very highly esteemed.

POTATO RISSOLES.

1147. INGREDIENTS.—Mashed potatoes, salt and pepper to taste; when liked, a very little minced parsley, egg, and bread crumbs.

Mode.—Boil and mash the potatoes by recipe No. 1145; add a seasoning of pepper and salt, and, when liked, a little minced parsley. Roll the potatoes into small balls, cover them with egg
and bread crumbs, and fry in hot lard for about 10 minutes; let them drain before the fire, dish them on a napkin, and serve.

_Time._—10 minutes to fry the rissoles.

_Seasonable_ at any time.

_Note._—The flavour of these rissoles may be very much increased by adding finely-minced tongue or ham, or even chopped onions, when these are liked.

QUALITIES OF POTATOES.—In making a choice from the many varieties of potatoes which are everywhere found, the best way is to get a sample and taste them, and then fix upon the kind which best pleases your palate. The Shaw is one of the most esteemed of the early potatoes for field culture; and the Kidney and Bread-fruit are also good sorts. The Lancashire Pink is also a good potato, and is much cultivated in the neighbourhood of Liverpool. As late or long-keeping potatoes, the Tartan or Red-apple stands very high in favour.

POTATO SNOW.

1148. **INGREDIENTS.**—Potatoes, salt, and water.

**Mode.**—Choose large white potatoes, as free from spots as possible; boil them in their skins in salt and water until perfectly tender; drain and _dry them thoroughly_ by the side of the fire, and peel them. Put a hot dish before the fire, rub the potatoes through a coarse sieve on to this dish; do not touch them afterwards, or the flakes will fall, and serve as hot as possible.

_Time._—½ to ¾ hour to boil the potatoes.

_Average cost_, 4s. per bushel.

_Sufficient._—6 potatoes for 3 persons.

_Seasonable_ at any time.

THE POTATO AS AN ARTICLE OF HUMAN FOOD.—This valuable esculent, next to wheat, is of the greatest importance in the eye of the political economist. From no other crop that can be cultivated does the public derive so much benefit; and it has been demonstrated that an acre of potatoes will feed double the number of people that can be fed from an acre of wheat.

TO DRESS SALSIFY.

1149. **INGREDIENTS.**—Salsify; to each ½ gallon of water allow 1 heaped tablespoonful of salt, 1 oz. of butter, 2 tablespoonfuls of lemon-juice.

**Mode.**—Scrape the roots gently, so as to strip them only of their outside peel; cut them into pieces about 4 inches long, and, as they are peeled, throw them into water with which has been mixed a little lemon-juice, to prevent their discolouring. Put them into boiling water, with salt, butter, and lemon-juice in the above proportion, and let them boil rapidly until tender; try them with a fork; and, when it penetrates easily,
they are done. Drain the salsify, and serve with a good white sauce or French melted butter.

*Time.*—30 to 50 minutes. *Seasonable* in winter.

*Note.*—This vegetable may be also boiled, sliced, and fried in batter of a nice brown. When crisp and a good colour, they should be served with fried parsley in the centre of the dish, and a little fine salt sprinkled over the salsify.

**SALSIFY.**—This esculent is, for the sake of its roots, cultivated in gardens. It belongs to the Composite class of flowers, which is the most extensive family in the vegetable kingdom. This family is not only one of the most natural and most uniform in structure, but there is also a great similarity existing in the properties of the plants of which it is composed. Generally speaking, all composite flowers are tonic or stimulant in their medical virtues.

**BOILED SEA-KALE.**

1150. **INGREDIENTS.**—To each ½ gallon of water allow 1 heaped tablespoonful of salt.

*Mode.*—Well wash the kale, cut away any wormeaten pieces, and tie it into small bunches; put it into boiling water, salted in the above proportion, and let it boil quickly until tender. Take it out, drain, untie the bunches, and serve with plain melted butter or white sauce, a little of which may be poured over the kale. Sea-kale may also be parboiled and stewed in good brown gravy: it will then take about ½ hour altogether.

*Time.*—15 minutes; when liked very thoroughly done, allow an extra 5 minutes.

*Average cost,* in full season, 9d. per basket.

*Sufficient.*—Allow 12 heads for 4 or 5 persons.

*Seasonable* from February to June.

**SEA-KALE.**—This plant belongs to the Asparagus tribe, and grows on seashores, especially in the West of England, and in the neighbourhood of Dublin. Although it is now in very general use, it did not come into repute till 1794. It is easily cultivated, and is esteemed as one of the most valuable esculents indigenous to Britain. As a vegetable, it is stimulating to the appetite, easily digestible, and nutritious. It is so light that the most delicate organizations may readily eat it. The flowers form a favourite resort for bees, as their petals contain a great amount of saccharine matter.

**BOILED SALAD.**

1151. **INGREDIENTS.**—2 heads of celery, 1 pint of French beans, lettuce, and endive.
Mode.—Boil the celery and beans separately until tender, and cut the celery into pieces about 2 inches long. Put these into a salad-bowl or dish; pour over either of the sauces No. 506, 507, or 508, and garnish the dish with a little lettuce finely chopped, blanched endive, or a few tufts of boiled cauliflower. This composition, if less agreeable than vegetables in their raw state, is more wholesome; for salads, however they may be compounded, when eaten uncooked, prove to some people indigestible. Tarragon, chervil, burnet, and boiled onion, may be added to the above salad with advantage, as also slices of cold meat, poultry, or fish.

Seasonable from July to October.

ACETARIOUS VEGETABLES.—By the term Acetarious vegetables, is expressed a numerous class of plants, of various culture and habit, which are principally used as salads, pickles, and condiments. They are to be considered rather as articles of comparative luxury than as ordinary food, and are more desirable for their coolness, or their agreeable flavour, than for their nutritive powers.

CAULIFLOWER.—The cauliflower is less indigestible than the cabbage; it possesses a most agreeable flavour, and is sufficiently delicate to be served at the tables of the wealthy. It is a wholesome vegetable, but should be eaten moderately, as it induces flatulence. Persons of weak constitutions and delicate stomachs should abstain from cauliflower as much as possible. They may be prepared in a variety of ways; and, in selecting them, the whitest should be chosen; those tinged with green or yellow being of indifferent quality.

SUMMER SALAD.

1152. INGREDIENTS.—3 lettuces, 2 handfulls of mustard-and-cress, 10 young radishes, a few slices of cucumber.

Mode.—Let the herbs be as fresh as possible for a salad, and, if at all stale or dead-looking, let them lie in water for an hour or two, which will very much refresh them. Wash and carefully pick them over, remove any decayed or wormeaten leaves, and drain them thoroughly by swinging them gently in a clean cloth. With a silver knife, cut the lettuces into small pieces, and the radishes and cucumbers into thin
slices; arrange all these ingredients lightly on a dish, with the mustard-and-cress, and
pour under, but not over the salad, either of the sauces No. 506, 507, or 508, and do
not stir it up until it is to be eaten. It may be garnished with hard-boiled eggs, cut in
slices, sliced cucumbers, nasturtiums, cut vegetable-flowers, and many other things
that taste will always suggest to make a pretty and elegant dish. In making a good
salad, care must be taken to have the herbs freshly gathered, and thoroughly drained
before the sauce is added to them, or it will be watery and thin. Young spring onions,
cut small, are by many persons considered an improvement to salads; but, before these
are added, the cook should always consult the taste of her employer. Slices of cold
meat or poultry added to a salad make a convenient and quickly-made summer
luncheon-dish; or cold fish, flaked, will also be found exceedingly nice, mixed with it.

Average cost, 9d. for a salad for 5 or 6 persons; but more expensive when the herbs
are forced.

Sufficient for 5 or 6 persons.

Seasonable from May to September.

CUCUMBERS.—The cucumber is refreshing, but neither nutritious nor digestible, and should
be excluded from the regimen of the delicate. There are various modes of preparing
cucumbers. When gathered young, they are called gherkins: these, pickled, are much used in
seasonings.

CUCUMBER-SLICE.

RADISHES.—This is the common name given to the root of the
Raphanus satius, one of the varieties
of the cultivated horseradish. There
are red and white radishes; and the
French have also what they call violet
and black ones, of which the black are
the larger. Radishes are composed of
nearly the same constituents as
turnips, that is to say, mostly fibre and
nitrogen; and, being generally eaten
raw, it is on the last of these that their
flavour depends. They do not agree
with people, except those who are in
good health, and have active digestive
powers; for they are difficult of
digestion, and cause flatulency and
wind, and are the cause of headaches when eaten to excess. Besides being eaten raw, they are
sometimes, but rarely, boiled; and they also serve as a pretty garnish for salads. In China, the
radish may be found growing naturally, without cultivation; and may be occasionally met with
in England as a weed, in similar places to where the wild turnip grows; it, however, thrives
best in the garden, and the ground it likes best is a deep open loam, or a well-manured sandy
soil.
WINTER SALAD.

1153. INGREDIENTS.—Endive, mustard-and-cress, boiled beetroot, 3 or 4 hard-boiled eggs, celery.

Mode.—The above ingredients form the principal constituents of a winter salad, and may be converted into a very pretty dish, by nicely contrasting the various colours, and by tastefully garnishing it. Shred the celery into thin pieces, after having carefully washed and cut away all wormeaten pieces; cleanse the endive and mustard-and-cress free from grit, and arrange these high in the centre of a salad-bowl or dish; garnish with the hard-boiled eggs and beetroot, both of which should be cut in slices; and pour into the dish, but not over the salad, either of the sauces No. 506, 507, or 508. Never dress a salad long before it is required for table, as, by standing, it loses its freshness and pretty crisp and light appearance; the sauce, however, may always be prepared a few hours beforehand, and when required for use, the herbs laid lightly over it.

Average cost, 9d. for a salad for 5 or 6 persons.

Sufficient for 5 or 6 persons.

Seasonable from the end of September to March.

SALADS.—Salads are raw vegetables, of which, among us, the lettuce is the most generally used; several others, however, such as cresses, celery, onions, beetroot, &c., are occasionally employed. As vegetables eaten in a raw state are apt to ferment on the stomach, and as they have very little stimulative power upon that organ, they are usually dressed with some condiments, such as pepper, vinegar, salt, mustard, and oil. Respecting the use of these, medical men disagree, especially in reference to oil, which is condemned by some and recommended by others.

POTATO SALAD.

1154. INGREDIENTS.—10 or 12 cold boiled potatoes, 4 tablespoonfuls of tarragon or plain vinegar, 6 tablespoonfuls of salad-oil, pepper and salt to taste, 1 teaspoonful of minced parsley.

Mode.—Cut the potatoes into slices about ½ inch in thickness; put these into a salad-bowl with oil and vinegar in the above proportion; season with pepper, salt, and a teaspoonful of minced parsley; stir the salad well, that all the ingredients may be
thoroughly incorporated, and it is ready to serve. This should be made two or three hours before it is wanted for table. Anchovies, olives, or pickles may be added to this salad, as also slices of cold beef, fowl, or turkey.

**Seasonable** at any time.

**CHICKEN SALAD.**—(See No. 931.)

**GROUSE SALAD.**—(See No. 1020.)

**LOBSTER SALAD.**—(See No. 272.)

**TO BOIL SPINACH**
(English Mode).

1155. **INGREDIENTS.**—2 pailfuls of spinach, 2 heaped tablespoonfuls of salt, 1 oz. of butter, pepper to taste.

**Mode.**—Pick the spinach carefully, and see that no stalks or weeds are left amongst it; wash it in several waters, and, to prevent it being gritty, act in the following manner:—Have ready two large pans or tubs filled with water; put the spinach into one of these, and thoroughly wash it; then, with the hands, take out the spinach, and put it into the other tub of water (by this means all the grit will be left at the bottom of the tub); wash it again, and, should it not be perfectly free from dirt, repeat the process. Put it into a very large saucepan, with about ½ pint of water, just sufficient to keep the spinach from burning, and the above proportion of salt. Press it down frequently with a wooden spoon, that it may be done equally; and when it has boiled for rather more than 10 minutes, or until it is perfectly tender, drain it in a colander, squeeze it quite dry, and chop it finely. Put the spinach into a clean stewpan, with the butter and a seasoning of pepper; stir the whole over the fire until quite hot; then put it on a hot dish, and garnish with sippets of toasted bread.

**Time.**—10 to 15 minutes to boil the spinach, 5 minutes to warm with the butter.

**Average cost** for the above quantity, 8d.

**Sufficient** for 5 or 6 persons.

**Seasonable.**—Spring spinach from March to July; winter spinach from November to March.

**Note.**—Grated nutmeg, pounded mace, or lemon-juice may also be added to enrich the flavour; and poached eggs are also frequently served with spinach: they should be placed on the top of it, and it should be garnished with sippets of toasted bread.—See coloured plate U.

**VARIETIES OF SPINACH.**—These comprise the Strawberry spinach, which, under that name, was wont to be grown in our flower-gardens; the Good King Harry, the Garden Oracle,
the Prickly, and the Round, are the varieties commonly used. The Oracle is a hardy sort, much esteemed in France, and is a native of Tartary, introduced in 1548. The common spinach has its leaves round, and is softer and more succulent than any of the Brassica tribe.

**SPINACH DRESSED WITH CREAM, a la Francaise.**

1156. **INGREDIENTS.**—2 pailfuls of spinach, 2 tablespoonfuls of salt, 2 oz. of butter, 8 tablespoonfuls of cream, 1 small teaspoonful of pounded sugar, a very little grated nutmeg.

**Mode.**—Boil and drain the spinach as in recipe No. 1155; chop it finely, and put it into a stewpan with the butter; stir over a gentle fire, and, when the butter has dried away, add the remaining ingredients, and simmer for about 5 minutes. Previously to adding the cream, boil it first, in case it should curdle. Serve on a hot dish, and garnish either with sippets of toasted bread or leaves of puff-paste.

**Time.**—10 to 15 minutes to boil the spinach; 10 minutes to stew with the cream.

**Average cost** for the above quantity, 8d.

**Sufficient** for 5 or 6 persons.

**Seasonable.**—Spring spinach from March to July; winter spinach from November to March.

**FRENCH MODE OF DRESSING SPINACH.**

1157. **INGREDIENTS.**—2 pailfuls of spinach, 2 tablespoonfuls of salt, 2 oz. of butter, 1 teaspoonful of flour, 8 tablespoonfuls of good gravy; when liked, a very little grated nutmeg.

**Mode.**—Pick, wash, and boil the spinach, as in recipe No. 1155, and when quite tender, drain and squeeze it perfectly dry from the water that hangs about it. Chop it very fine, put the butter into a stewpan, and lay the spinach over that; stir it over a
gentle fire, and dredge in the flour. Add the gravy, and let it boil quickly for a few minutes, that it may not discolor. When the flavour of nutmeg is liked, grate some to the spinach, and when thoroughly hot, and the gravy has dried away a little, serve. Garnish the dish with sippets of toasted bread.

**Time.**—10 to 15 minutes to boil the spinach; 10 minutes to simmer in the gravy.

**Average cost** for the above quantity, 8d.

**Sufficient** for 5 or 6 persons.

**Seasonable.**—Spring spinach from March to July; winter spinach from October to February.

**Note.**—For an entremets or second-course dish, spinach, dressed by the above recipe may be pressed into a hot mould; it should then be turned out quickly, and served very hot.

**BAKED TOMATOES.**

*Excellent.*

1158. **INGREDIENTS.**—8 or 10 tomatoes, pepper and salt to taste, 2 oz. of butter, bread crumbs.

**Mode.**—Take off the stalks from the tomatoes; cut them into thick slices, and put them into a deep baking-dish; add a plentiful seasoning of pepper and salt, and butter in the above proportion; cover the whole with bread crumbs; drop over these a little clarified butter; bake in a moderate oven from 20 minutes to ½ hour, and serve very hot. This vegetable, dressed as above, is an exceedingly nice accompaniment to all kinds of roast meat. The tomatoes, instead of being cut in slices, may be baked whole; but they will take rather longer time to cook.

**Time.**—20 minutes to ½ hour.

**Average cost**, in full season, 9d. per basket.

**Sufficient** for 5 or 6 persons.

**Seasonable** in August, September, and October; but may be had, forced, much earlier.

**TOMATOES.**—The Tomato is a native of tropical countries, but is now cultivated considerably both in France and England. Its skin is of a brilliant red, and its flavour, which is somewhat sour, has become of immense importance in the culinary art. It is used both fresh and preserved. When eaten fresh, it is served as an entremets; but its principal use is in sauce and gravy; its flavour stimulates the appetite, and is almost universally approved. The Tomato is a wholesome fruit, and digests easily. From July to September, they gather the tomatoes green in France, not breaking them away from the stalk; they are then hung, downwards, in a dry and not too cold place; and there they ripen.
HOT TOMATO SAUCE, or PUREE OF TOMATOES.
(See No. 529.)

STEWED TOMATOES.

I.

1159. INGREDIENTS.—8 tomatoes, pepper and salt to taste, 2 oz. of butter, 2 tablespoonfuls of vinegar.

Mode.—Slice the tomatoes into a lined saucepan; season them with pepper and salt, and place small pieces of butter on them. Cover the lid down closely, and stew from 20 to 25 minutes, or until the tomatoes are perfectly tender; add the vinegar, stir two or three times, and serve with any kind of roast meat, with which they will be found a delicious accompaniment.

Time.—20 to 25 minutes.

Average cost, in full season, 9d. per basket.

Sufficient for 4 or 5 persons.

Seasonable from August to October; but may be had, forced, much earlier.

ANALYSIS OF THE TOMATO.—The fruit of the love-apple is the only part used as an esculent, and it has been found to contain a particular acid, a volatile oil, a brown, very fragrant extracto-resinous matter, a vegeto-mineral matter, muco-saccharine, some salts, and, in all probability, an alkaloid. The whole plant has a disagreeable odour, and its juice, subjected to the action of the fire, emits a vapour so powerful as to cause vertigo and vomiting.

II.

1160. INGREDIENTS.—8 tomatoes, about ½ pint of good gravy, thickening of butter and flour, cayenne and salt to taste.

Mode.—Take out the stalks of the tomatoes; put them into a wide stewpan, pour over them the above proportion of good brown gravy, and stew gently until they are tender, occasionally carefully turning them, that they may be equally done. Thicken the gravy with a little butter and flour worked together on a plate; let it just boil up after the thickening is added, and serve. If it be at hand, these should be served on a silver or plated vegetable-dish.

Time.—20 to 25 minutes, very gentle stewing.

Average cost, in full season, 9d. per basket.

Sufficient for 4 or 5 persons.
"Seasonable in August, September, and October; but maybe had, forced, much earlier.

THE TOMATO, OR LOVE-APPLE.—This vegetable is a native of Mexico and South America, but is also found in the East Indies, where it is supposed to have been introduced by the Spaniards. In this country it is much more cultivated than it formerly was; and the more the community becomes acquainted with the many agreeable forms in which the fruit can be prepared, the more widely will its cultiva­tion be extended. For ketchup, soups, and sauces, it is equally applicable, and the unripe fruit makes one of the best pickles.

TRUFFLES AU NATUREL.

1161. INGREDIENTS.—Truffles, buttered paper.

Mode.—Select some fine truffles; cleanse them, by washing them in several waters with a brush, until not a particle of sand or grit remains on them; wrap each truffle in buttered paper, and bake in a hot oven for quite an hour; take off the paper, wipe the truffles, and serve them in a hot napkin.

Time.—1 hour. Average cost.—Not often bought in this country.

Seasonable from November to March.

THE COMMON TRUFFLE.—This is the Tuber cibarium of science, and belongs to that numerous class of esculent fungi distinguished from other vegetables not only by the singularity of their forms, but by their chemical composition. Upon analysis, they are found not only to contain the usual components of the vegetable kingdom, such as carbon, oxygen, and hydrogen, but likewise a large proportion of nitrogen; from which they approach more nearly to the nature of animal flesh. It was long ago observed by Dr. Darwin, that all the mushrooms cooked at our tables, as well as those used for ketchup, possessed an animal flavour; and soup enriched by mushrooms only has sometimes been supposed to contain meat.

TO DRESS TRUFFLES WITH CHAMPAGNE.

1162. INGREDIENTS.—12 fine black truffles, a few slices of fat bacon, 1 carrot, 1 turnip, 2 onions, a bunch of savoury herbs, including parsley, 1 bay-leaf, 2 cloves, 1 blade of pounded mace, 2 glasses of champagne, ½ pint of stock.

Mode.—Carefully select the truffles, reject those that have a musty smell, and wash them well with a brush, in cold water only, until perfectly clean. Put the bacon into a stewpan, with the truffles and the remaining ingredients; simmer these gently for an hour, and let the whole cool in the stewpan. When to be served, re­warm them, and drain them on a clean cloth; then arrange them on a delicately white napkin, that it may contrast as strongly as possible with the truffles, and serve. The trimmings of truffles are used to flavour gravies, stock, sauces, &c.; and are an excellent addition to ragouts, made dishes of fowl, &c.
Time.—1 hour. Average cost.—Not often bought in this country.

Seasonable from November to March.

THE TRUFFLE.—The Truffle belongs to the family of the Mushroom. It is certain that the truffle must possess, equally with other plants, organs of reproduction; yet, notwithstanding all the efforts of art and science, it has been impossible to subject it to a regular culture. Truffles grow at a considerable depth under the earth, never appearing on the surface. They are found in many parts of France: those of Périgord Magny are the most esteemed for their odour. There are three varieties of the species,—the black, the red, and the white: the latter are of little value. The red are very rare, and their use is restricted. The black has the highest repute, and its consumption is enormous. When the peasantry go to gather truffles, they take a pig with them to scent out the spot where they grow. When that is found, the pig turns up the surface with his snout, and the men then dig until they find the truffles. Good truffles are easily distinguished by their agreeable perfume; they should be light in proportion to their size, and elastic when pressed by the finger. To have them in perfection, they should be quite fresh, as their aroma is considerably diminished by any conserving process. Truffles are stimulating and beating. Weak stomachs digest them with difficulty. Some of the culinary uses to which they are subjected render them more digestible; but they should always be eaten sparingly. Their chief use is in seasoning and garnitures. In short, a professor has said, "Meats with truffles are the most distinguished dishes that opulence can offer to the epicure." The Truffle grows in clusters, some inches below the surface of the soil, and is of an irregular globular form. Those which grow wild in England are about the size of a hen's egg, and have no roots. As there is nothing to indicate the places where they are, dogs have been trained to discriminate their scent, by which they are discovered. Hogs are very fond of them, and frequently lead to their being found, from their rutting up the ground in search of them.

ITALIAN MODE OF DRESSING TRUFFLES.

1163. INGREDIENTS.—10 truffles, ¼ pint of salad-oil, pepper and salt to taste, 1 tablespoonful of minced parsley, a very little finely-minced garlic, 2 blades of pounded mace, 1 tablespoonful of lemon-juice.

Mode.—After cleansing and brushing the truffles, cut them into thin slices, and put them in a baking-dish, on a seasoning of oil, pepper, salt, parsley, garlic, and mace in the above proportion. Bake them for nearly an hour, and, just before serving, add the lemon-juice, and send them to table very hot.

Time.—Nearly 1 hour.

Average cost.—Not often bought in this country.

Seasonable from November to March.

WHERE TRUFFLES ARE FOUND.—In this country, the common truffle is found on the downs of Hampshire, Wiltshire, and Kent; and they abound in dry light soils, and more especially in oak and chestnut forests. In France they are plentiful, and many are imported from the south of that country and Italy, where they are much larger and in greater perfection: they lose, however, much of their flavour by drying. Truffles have in England been tried to be propagated artificially, but without success.
TRUFFLES A L’ITALIENNE.

1164. INGREDIENTS.—10 truffles, 1 tablespoonful of minced parsley, 1 minced shalot, salt and pepper to taste, 2 oz. of butter, 2 tablespoonfuls of good brown gravy, the juice of ½ lemon, cayenne to taste.

Mode.—Wash the truffles and cut them into slices about the size of a penny-piece; put them into a sauté pan, with the parsley, shalot, salt, pepper, and 1 oz. of butter; stir them over the fire, that they may all be equally done, which will be in about 10 minutes, and drain off some of the butter; then add a little more fresh butter, 2 tablespoonfuls of good gravy, the juice of ½ lemon, and a little cayenne; stir over the fire until the whole is on the point of boiling, when serve.

Time.—Altogether, 20 minutes.

Average cost.—Not often bought in this country.

Seasonable from November to March.

USES OF THE TRUFFLE.—Like the Morel, truffles are seldom eaten alone, but are much used in gravies, soups, and ragoûts. They are likewise dried for the winter months, and, when reduced to powder, form a useful culinary ingredient; they, however, have many virtues attributed to them which they do not possess. Their wholesomeness is, perhaps, questionable, and they should be eaten with moderation.

BOILED TURNIPS.

1165. INGREDIENTS.—Turnips; to each ½ gallon of water allow 1 heaped tablespoonful of salt.

Mode.—Pare the turnips, and, should they be very large, divide them into quarters; but, unless this is the case, let them be cooked whole. Put them into a saucepan of boiling water, salted in the above proportion, and let them boil gently until tender. Try them with a fork, and, when done, take them up in a colander; let them thoroughly drain, and serve. Boiled turnips are usually sent to table with boiled mutton, but are infinitely nicer when mashed than served whole: unless nice and young, they are scarcely worth the trouble of dressing plainly as above.

Time.—Old turnips, ¾ to 1¼ hour; young ones, about 18 to 20 minutes.

Average cost, 4d. per bunch.

Sufficient.—Allow a bunch of 12 turnips for 5 or 6 persons.

Seasonable.—May be had all the year; but in spring only useful for flavouring gravies, &c.

THE TURNIP.—This vegetable is the Brassica Rapa of science, and grows wild in England, but cannot be brought exactly to resemble what it becomes in a cultivated state. It is said to have been originally
introduced from Hanover, and forms an excellent culinary vegetable, much used all over Europe, where it is either eaten alone or mashed and cooked in soups and stews. They do not thrive in a hot climate; for in India they, and many more of our garden vegetables, lose their flavour and become comparatively tasteless. The Swede is the largest variety, but it is too coarse for the table.

MASHED TURNIPS.

INGREDIENTS.—10 or 12 large turnips; to each ½ gallon of water allow 1 heaped tablespoonful of salt, 2 oz. of butter, cayenne or white pepper to taste.

Mode.—Pare the turnips, quarter them, and put them into boiling water, salted in the above proportion; boil them until tender; then drain them in a colander, and squeeze them as dry as possible by pressing them with the back of a large plate. When quite free from water, rub the turnips with a wooden spoon through the colander, and put them into a very clean saucepan; add the butter, white pepper, or cayenne, and, if necessary, a little salt. Keep stirring them over the fire until the butter is well mixed with them, and the turnips are thoroughly hot; dish, and serve. A little cream or milk added after the turnips are pressed through the colander, is an improvement to both the colour and flavour of this vegetable.

Time.—From ½ to ¾ hour to boil the turnips; 10 minutes to warm them through.

Average cost, 4d. per bunch.

Sufficient for 4 or 5 persons.

Seasonable.—May be had all the year; but in spring only good for flavouring gravies.

VEGETABLES REDUCED TO PURÉE.—Persons in the flower of youth, having healthy stomachs, and leading active lives, may eat all sorts of vegetables, without inconvenience, save, of course, in excess. The digestive functions possess great energy during the period of youth: the body, to develop itself, needs nourishment. Physical exercise gives an appetite, which it is necessary to satisfy, and vegetables cannot resist the vigorous action of the gastric organs. As old proverb says, "At twenty one can digest iron." But for aged persons, the sedentary, or the delicate, it is quite otherwise. Then the gastric power has considerably diminished, the digestive organs have lost their energy, the process of digestion is consequently slower, and the least excess at table is followed by derangement of the stomach for several days. Those who generally digest vegetables with difficulty, should eat them reduced to a pulp or purée, that is to say, with their skins and tough fibres removed. Subjected to this process, vegetables which, when entire, would create flatulence and wind, are then comparatively harmless. Experience has established the rule, that nourishment is not complete without the alliance of meat with vegetables. We would also add, that the regime most favourable to health is found in variety: variety pleases the senses, monotony is disagreeable. The eye is fatigued by looking always on one object, the ear by listening to one sound, and the palate by tasting one flavour. It is the same with the stomach: consequently, variety of food is one of the essentials for securing good digestion.

GERMAN MODE OF COOKING TURNIPS.

INGREDIENTS.—8 large turnips, 3 oz. of butter, pepper and salt to taste, rather more than ½ pint of weak stock or broth, 1 tablespoonful of flour.
Mode.—Make the butter hot in a stewpan, lay in the turnips, after having pared and cut them into dice, and season them with pepper and salt. Toss them over the fire for a few minutes, then add the broth, and simmer the whole gently till the turnips are tender. Brown the above proportion of flour with a little butter; add this to the turnips, let them simmer another 5 minutes, and serve. Boiled mutton is usually sent to table with this vegetable, and may be cooked with the turnips by placing it in the midst of them: the meat would then be very delicious, as, there being so little liquid with the turnips, it would almost be steamed, and consequently very tender.

Time.—20 minutes. Average cost, 4d. per bunch.

Sufficient for 4 persons.

Seasonable.—May be had all the year.

TURNIPS.—Good turnips are delicate in texture, firm, and sweet. The best sorts contain a sweet juicy mucilage, uniting with the aroma a slightly acid quality, which is completely neutralized in cooking. The turnip is prepared in a variety of ways. Ducks stuffed with turnips have been highly appreciated. It is useful in the regimen of persons afflicted with chronic visceral irritations. The turnip only creates flatulency when it is soft, porous, and stringy. It is then, consequently, bad.

TURNIPS IN WHITE SAUCE.
(An Entremets, or to be served with the Second Course as a Side-dish.)

1168. INGREDIENTS.—7 or 8 turnips, 1 oz. of butter, ½ pint of white sauce, No. 538 or 539.

Mode.—Peel and cut the turnips in the shape of pears or marbles; boil them in salt and water, to which has been added a little butter, until tender; then take them out, drain, arrange them on a dish, and pour over the white sauce made by recipe No. 538 or 539, and to which has been added a small lump of sugar. In winter, when other vegetables are scarce, this will be found a very good and pretty-looking dish: when approved, a little mustard may be added to the sauce.

Time.—About ¾ hour to boil the turnips.

Average cost, 4d. per bunch.

Sufficient for 1 side-dish. Seasonable in winter.

THE FRENCH NAVET.—This is a variety of the turnip; but, instead of being globular, has more the shape of the carrot. Its flavour being excellent, it is much esteemed on the Continent for soups and made dishes. Two or three of them will impart as much flavour as a dozen of the common turnips will. Accordingly, when stewed in gravy, they are greatly relished. This flavour resides in the rind, which is not cut off, but scraped. This variety was once grown in England, but now it is rarely found in our gardens, though highly deserving of a place there. It is of a yellowish-white colour, and is sometimes imported to the London market.
BOILED TURNIP GREENS.

1169. INGREDIENTS.—To each ½ gallon of water, allow 1 heaped tablespoonful of salt; turnip-greens.

Mode.—Wash the greens well in two or three waters, and pick off all the decayed and dead leaves; tie them in small bunches, and put them into plenty of boiling water, salted in the above proportion. Keep them boiling quickly, with the lid of the saucepan uncovered, and when tender, pour them into a colander; let them drain, arrange them in a vegetable-dish, remove the string that the greens were tied with, and serve.

Time.—15 to 20 minutes. Average cost, 4d. for a dish for 3 persons.

Seasonable in March, April, and May.

CABBAGE, TURNIP-TOPS, AND GREENS.—All the cabbage tribe, which comprises coleworts, broccoli, cauliflower, sprouts, and turnip-tops, in order to be delicate, should be dressed young, when they have a rapid growth; but, if they have stood the summer, in order to be tender, they should be allowed to have a touch of frost. The cabbage contains much vegetable albumen, and several parts sulphur and nitrate of potass. Cabbage is heavy, and a long time digesting, which has led to a belief that it is very nourishing. It is only fit food for robust and active persons; the sedentary or delicate should carefully avoid it. Cabbage may be prepared in a variety of ways: it serves as a garniture to several recherché dishes,—partridge and cabbage for example. Bacon and cabbage is a very favourite dish; but only a good stomach can digest it.

BOILED VEGETABLE MARROW.

1170. INGREDIENTS.—To each ½ gallon of water, allow 1 heaped tablespoonful of salt; vegetable marrows.

Mode.—Have ready a saucepan of boiling water, salted in the above proportion; put in the marrows after peeling them, and boil them until quite tender. Take them up with a slice, halve, and, should they be very large, quarter them. Dish them on toast, and send to table with them a tureen of melted butter, or, in lieu of this, a small pat of salt butter. Large vegetable marrows may be preserved throughout the winter by storing them in a dry place; when wanted for use, a few slices should be cut and boiled in the same manner as above; but, when once begun, the marrow must be eaten quickly, as it keeps but a short time after it is cut. Vegetable marrows are also very delicious mashed: they should be boiled, then drained, and mashed smoothly with a wooden spoon. Heat them in a saucepan, add a seasoning of salt and pepper, and a small piece of butter, and dish with a few sippets of toasted bread placed round as a garnish.

Time.—Young vegetable marrows 10 to 20 minutes; old ones, ½ to ¾ hour.

Average cost, in full season, 1s. per dozen.

Sufficient.—Allow 1 moderate-sized marrow for each person.
Seasonable in July, August, and September; but may be preserved all the winter.

**FRIED VEGETABLE MARROW.**

1171. **INGREDIENTS.**—3 medium-sized vegetable marrows, egg and bread crumbs, hot lard.

*Mode.*—Peel, and boil the marrows until tender in salt and water; then drain them and cut them in quarters, and take out the seeds. When thoroughly drained, brush the marrows over with egg, and sprinkle with bread crumbs; have ready some hot lard, fry the marrow in this, and, when of a nice brown, dish; sprinkle over a little salt and pepper, and serve.

*Time.*—About ½ hour to boil the marrow, 7 minutes to fry it.

*Average cost,* in full season, 1s. per dozen.

*Sufficient* for 4 persons.

Seasonable in July, August, and September.

THE VEGETABLE MARROW.—This vegetable is now extensively used, and belongs to the Cucurbitae. It is the *C. ovifera* of science, and, like the melon, gourd, cucumber, and squash, is widely diffused in the tropical or warmer regions of the globe. Of the nature of this family we have already spoken when treating of the cucumber.

**CUT VEGETABLES FOR SOUPS, &c.**

1172. The annexed engraving represents a cutter for shaping vegetables for soups, ragouts, stews, &c.; carrots and turnips being the usual vegetables for which this utensil is used. Cut the vegetables into slices about ¼ inch in thickness, stamp them out with the cutter, and boil them for a few minutes in salt and water, until tender. Turnips should be cut in rather thicker slices than carrots, on account of the former boiling more quickly to a pulp than the latter.

CARROTS.—Several species of carrots are cultivated,—the red, the yellow, and the which. Those known as the Crecy carrots are considered the best, and are very sweet. The carrot has been classed by hygienists among flatulent vegetables, and as difficult of digestion. When the root becomes old, it is almost as hard as wood; but the young carrot, which has not reached its full growth, is tender, relishing, nutritious, and digests well when properly cooked.

**VEGETABLE MARROWS IN WHITE SAUCE.**

1173. **INGREDIENTS.**—4 or 5 moderate-sized marrows, ½ pint of white sauce, No. 539.
Mode.—Pare the marrows; cut them in halves, and shape each half at the top in a point, leaving the bottom end flat for it to stand upright in the dish. Boil the marrows in salt and water until tender; take them up very carefully, and arrange them on a hot dish. Have ready ½ pint of white sauce, made by recipe No. 539; pour this over the marrows, and serve.

Time.—From 15 to 20 minutes to boil the marrows.

Average cost, in full season, 1s. per dozen.

Sufficient for 5 or 6 persons.

Seasonable in July, August, and September.

BOILED INDIAN WHEAT or MAIZE.

1174. INGREDIENTS.—The ears of young and green Indian wheat; to every ½ gallon of water allow 1 heaped tablespoonful of salt.

Mode.—This vegetable, which makes one of the most delicious dishes brought to table, is unfortunately very rarely seen in Britain; and we wonder that, in the gardens of the wealthy, it is not invariably cultivated. Our sun, it is true, possesses hardly power sufficient to ripen maize; but, with well-prepared ground, and in a favourable position, it might be sufficiently advanced by the beginning of autumn to serve as a vegetable. The outside sheath being taken off and the waving fibres removed, let the ears be placed in boiling water, where they should remain for about 25 minutes (a longer time may be necessary for larger ears than ordinary); and, when sufficiently boiled and well drained, they may be sent to table whole, and with a piece of toast underneath them. Melted butter should be served with them.

Time.—25 to 35 minutes. Average cost.—Seldom bought.

Sufficient,—1 ear for each person. Seasonable in autumn.

Note.—William Cobbett, the English radical writer and politician, was a great cultivator and admirer of maize, and constantly ate it as a vegetable, boiled. We believe he printed a special recipe for it, but we have been unable to lay our hands on it. Mr. Buchanan, the present president of the United States, was in the habit, when ambassador here, of receiving a supply of Indian corn from America in hermetically-sealed cases; and the publisher of this work remembers, with considerable satisfaction, his introduction to a dish of this vegetable, when in America. He found it to combine the excellences of the young green pea and the finest asparagus; but he felt at first slightly awkward in holding the large ear with one hand, whilst the other had to be employed in cutting off with a knife the delicate green grains.
CHAPTER XXVI.—General observations on puddings and pastry.

1175. PUDDINGS AND PASTRY, familiar as they may be, and unimportant as they may be held in the estimation of some, are yet intimately connected with the development of agricultural resources in reference to the cereal grasses. When they began to be made is uncertain; but we may safely presume, that a simple form of pudding was amongst the first dishes made after discovering a mode of grinding wheat into flour. Traditional history enables us to trace man back to the time of the Deluge. After that event he seems to have recovered himself in the central parts of Asia, and to have first risen to eminence in the arts of civilization on the banks of the Nile. From this region, Greece, Carthage, and some other parts along the shores of the Mediterranean Sea, were colonized. In process of time, Greece gave to the Romans the arts which she had thus received from Egypt, and these subsequently diffused them over Europe. How these were carried to or developed in India and China, is not so well ascertained; and in America their ancient existence rests only on very indistinct traditions. As to who was the real discoverer of the use of corn, we have no authentic knowledge. The traditions of different countries ascribe it to various fabulous personages, whose names it is here unnecessary to introduce. In Egypt, however, corn must have grown abundantly; for Abraham, and after him Jacob, had recourse to that country for supplies during times of famine.

1176. THE HABITS OF A PEOPLE, to a great extent, are formed by the climate in which they live, and by the native or cultivated productions in which their country abounds. Thus we find that the agricultural produce of the ancient Egyptians is pretty much the same as that of the present day, and the habits of the people are not materially altered. In Greece, the products cultivated in antiquity were the same kinds of grains and legumes as are cultivated at present, with the vine, the fig, the olive, the apple, and other fruits. So with the Romans, and so with other nations. As to the different modes of artificially preparing those to please the taste, it is only necessary
to say that they arise from the universal desire of novelty, characteristic of man in the
development of his social conditions. Thus has arisen the whole science of cookery,
and thus arose the art of making puddings. The porridge of the Scotch is nothing more
than a species of hasty pudding, composed of oatmeal, salt, and water; and the "red
pottage" for which Esau sold his birthright, must have been something similar. The
barley-gruel of the Lacedaemonians, of the Athenian gladiators and common people,
was the same, with the exception of the slight seasoning it had beyond the simplicity
of Scottish fare. Here is the ancient recipe for the Athenian national dish:—"Dry near
the fire, in the oven, twenty pounds of barley-flour; then parch it; add three pounds of
linseed-meal, half a pound of coriander-seed, two ounces of salt, and the quantity of
water necessary." To this sometimes a little millet was added, in order to give the
paste greater cohesion and delicacy.

1177. OATMEAL AMONGST THE GREEKS AND ROMANS was highly
esteemed, as was also rice, which they considered as beneficial to the chest. They also
held in high repute the Iiron, or Indian wheat of the moderns. The flour of this cereal
was made into a kind of hasty pudding, and, parched or roasted, as eaten with a little
salt. The Spelt, or Red wheat, was likewise esteemed, and its flour formed the basis of
the Carthaginian pudding, for which we here give the scientific recipe:—"Put a pound
of red-wheat flour into water, and when it has steeped some time, transfer it to a
wooden bowl. Add three pounds of cream cheese, half a pound of honey, and one egg.
Beat the whole together, and cook it on a slow fire in a stewpan." Should this be
considered unpalatable, another form has been recommended. "Sift the flour, and,
with some water, put it into a wooden vessel, and, for ten days, renew the water twice
each day. At the end of that period, press out the water and place the paste in another
vessel. It is now to be reduced to the consistence of thick lees, and passed through a
piece of new linen. Repeat this last operation, then dry the mass in the sun and boil it
in milk. Season according to taste." These are specimens of the puddings of antiquity,
and this last recipe was held in especial favour by the Romans.

1178. HOWEVER GREAT MAY HAVE BEEN THE QUALIFICATIONS of the
ancients, however, in the art of pudding-making, we apprehend that such preparations
as gave gratification to their palates, would have generally found little favour amongst
the insulated inhabitants of Great Britain. Here, from the simple suet dumpling up to
the most complicated Christmas production, the grand feature of substantiality is
primarily attended to. Variety in the ingredients, we think, is held only of secondary
consideration with the great body of the people, provided that the whole is agreeable
and of sufficient abundance.

1179. ALTHOUGH FROM PUDDINGS TO PASTRY is but a step, it requires a
higher degree of art to make the one than to make the other. Indeed, pastry is one of
the most important branches of the culinary science. It unceasingly occupies itself
with ministering pleasure to the sight as well as to the taste; with erecting graceful
monuments, miniature fortresses, and all kinds of architectural imitations, composed
of the sweetest and most agreeable products of all climates and countries. At a very
early period, the Orientals were acquainted with the art of manipulating in pastry; but
they by no means attained to the taste, variety, and splendour of design, by which it is
characterized amongst the moderns. At first it generally consisted of certain mixtures
of flour, oil, and honey, to which it was confined for centuries, even among the
southern nations of the European continent. At the commencement of the middle ages,
a change began to take place in the art of mixing it. Eggs, butter, and salt came into repute in the making of paste, which was forthwith used as an inclosure for meat, seasoned with spices. This advance attained, the next step was to inclose cream, fruit, and marmalades; and the next, to build pyramids and castles; when the summit of the art of the pastry-cook may be supposed to have been achieved.

Directions in connection with the making of puddings and pastry.

1180. A few general remarks respecting the various ingredients of which puddings and pastry are composed, may be acceptable as preliminary to the recipes in this department of Household Management.

1181. Flour should be of the best quality, and perfectly dry, and sifted before being used; if in the least damp, the paste made from it will certainly be heavy.

1182. Butter, unless fresh is used, should be washed from the salt, and well squeezed and wrung in a cloth, to get out all the water and buttermilk, which, if left in, assists to make the paste heavy.

1183. Lard should be perfectly sweet, which may be ascertained by cutting the bladder through, and, if the knife smells sweet, the lard is good.

1184. Suet should be finely chopped, perfectly free from skin, and quite sweet; during the process of chopping, it should be lightly dredged with flour, which prevents the pieces from sticking together. Beef suet is considered the best; but veal suet, or the outside fat of a loin or neck of mutton, makes good crusts; as also the skimmings in which a joint of mutton has been boiled, but without vegetables.

1185. Clarified Beef Dripping, directions for which will be found in recipes Nos. 621 and 622, answers very well for kitchen pies, puddings, cakes, or for family use. A very good short crust may be made by mixing with it a small quantity of moist sugar; but care must be taken to use the dripping sparingly, or a very disagreeable flavour will be imparted to the paste.

1186. Strict cleanliness must be observed in pastry-making; all the utensils used should be perfectly free from dust and dirt, and the things required for pastry, kept entirely for that purpose.

1187. In mixing paste, add the water very gradually, work the whole together with the knife-blade, and knead it until perfectly smooth. Those who are inexperienced in pastry-making, should work the butter in by breaking it in small pieces and covering the paste rolled out. It should then be dredged with flour, and the ends folded over and rolled out very thin again: this process must be repeated until all the butter is used.
1188. The art of making paste requires much practice, dexterity, and skill: it should be touched as lightly as possible, made with cool hands and in a cool place (a marble slab is better than a board for the purpose), and the coolest part of the house should be selected for the process during warm weather.

1189. To insure rich paste being light, great expedition must be used in the making and baking; for if it stand long before it is put in the oven, it becomes flat and heavy.

1190. *Puff-paste* requires a brisk oven, but not too hot, or it would blacken the crust; on the other hand, if the oven be too slack, the paste will be soddened, and will not rise, nor will it have any colour.

Tart-tins, cake-moulds, dishes for baked puddings, pattypans, &c., should all be buttered before the article intended to be baked is put in them: things to be baked on sheets should be placed on buttered paper. Raised-pie paste should have a soaking heat, and paste glazed must have rather a slack oven, that the icing be not scorched. It is better to ice tarts, &c. when they are three-parts baked.
1191. To ascertain when the oven is heated to the proper degree for puff-paste, put a small piece of the paste in previous to baking the whole, and then the heat can thus be judged of.

1192. The freshness of all pudding ingredients is of much importance, as one bad article will taint the whole mixture.

1193. When the freshness of eggs is doubtful, break each one separately in a cup, before mixing them altogether. Should there be a bad one amongst them, it can be thrown away; whereas, if mixed with the good ones, the entire quantity would be spoiled. The yolks and whites beaten separately make the articles they are put into much lighter.

1194. Raisins and dried fruits for puddings should be carefully picked, and, in many cases, stoned. Currants should be well washed, pressed in a cloth, and placed on a dish before the fire to get thoroughly dry; they should then be picked carefully over, and every piece of grit or stone removed from amongst them. To plump them, some cooks pour boiling water over them, and then dry them before the fire.

1195. Batter pudding should be smoothly mixed and free from lumps. To insure this, first mix the flour with a very small proportion of milk, and add the remainder by degrees. Should the pudding be very lumpy, it may be strained through a hair sieve.

1196. All boiled puddings should be put on in boiling water, which must not be allowed to stop simmering, and the pudding must always be covered with the water; if requisite, the saucepan should be kept filled up.

1197. To prevent a pudding boiled in a cloth from sticking to the bottom of the saucepan, place a small plate or saucer underneath it, and set the pan on a trivet over the fire. If a mould is used, this precaution is not necessary; but care must be taken to keep the pudding well covered with water.

1198. For dishing a boiled pudding as soon as it comes out of the pot, dip it into a basin of cold water, and the cloth will then not adhere to it. Great expedition is necessary in sending puddings to table, as, by standing,
they quickly become heavy, batter puddings particularly.

1199. For baked or boiled puddings, the moulds, cups, or basins, should be always buttered before the mixture is put in them, and they should be put into the saucepan directly they are filled.

1200. Scrupulous attention should be paid to the cleanliness of pudding-cloths, as, from neglect in this particular, the outsides of boiled puddings frequently taste very disagreeably. As soon as possible after it is taken off the pudding, it should be soaked in water, and then well washed, without soap, unless it be very greasy. It should be dried out of doors, then folded up and kept in a dry place. When wanted for use, dip it in boiling water, and dredge it slightly with flour.

1201. The dry ingredients for puddings are better for being mixed some time before they are wanted; the liquid portion should only be added just before the pudding is put into the saucepan.

1202. A pinch of salt is an improvement to the generality of puddings; but this ingredient should be added very sparingly, as the flavour should not be detected.

1203. When baked puddings are sufficiently solid, turn them out of the dish they were baked in, bottom uppermost, and strew over them fine sifted sugar.

1204. When pastry or baked puddings are not done through, and yet the outside is sufficiently brown, cover them over with a piece of white paper until thoroughly cooked: this prevents them from getting burnt.
CHAPTER XXVII.—Puddings and pastry recipes.

VERY GOOD PUFF-PASTE.

1205. INGREDIENTS.—To every lb. of flour allow 1 lb. of butter, and not quite ½ pint of water.

Mode.—Carefully weigh the flour and butter, and have the exact proportion; squeeze the butter well, to extract the water from it, and afterwards wring it in a clean cloth, that no moisture may remain. Sift the flour; see that it is perfectly dry, and proceed in the following manner to make the paste, using a very clean paste-board and rolling-pin:—Supposing the quantity to be 1 lb. of flour, work the whole into a smooth paste, with not quite ½ pint of water, using a knife to mix it with: the proportion of this latter ingredient must be regulated by the discretion of the cook; if too much be added, the paste, when baked, will be tough. Roll it out until it is of an equal thickness of about an inch; break 4 oz. of the butter into small pieces; place these on the paste, sift over it a little flour, fold it over, roll out again, and put another 4 oz. of butter. Repeat the rolling and buttering until the paste has been rolled out 4 times, or equal quantities of flour and butter have been used. Do not omit, every time the paste is rolled out, to dredge a little flour over that and the rolling-pin, to prevent both from sticking. Handle the paste as lightly as possible, and do not press heavily upon it with the rolling-pin. The next thing to be considered is the oven, as the baking of pastry requires particular attention. Do not put it into the oven until it is sufficiently hot to raise the paste; for the best-prepared paste, if not properly baked, will be good for nothing. Brushing the paste as often as rolled out, and the pieces of butter placed thereon, with the white of an egg, assists it to rise in leaves or flakes. As this is the great beauty of puff-paste, it is as well to try this method.

Average cost, 1s. 4d. per lb.

BUTTER.—About the second century of the Christian era, butter was placed by Galen amongst the useful medical agents; and about a century before him, Dioscorides mentioned that he had noticed that fresh butter, made of ewes' and goats' milk, was served at meals instead of oil, and that it took the place of fat in making pastry. Thus we have undoubted authority that, eighteen hundred years ago, there existed a knowledge of the useful qualities of butter. The Romans seem to have set about making it much as we do; for Pliny tells us, "Butter is made from milk; and the use of this element, so much sought after by barbarous nations, distinguished the rich from the common people. It is obtained principally from cows' milk; that from ewes is the fattest; goats also supply some. It is produced by agitating the milk in long vessels with narrow openings: a little water is added."

MEDIUM PUFF-PASTE.

1206. INGREDIENTS.—To every lb. of flour allow 8 oz. of butter, 4 oz. of lard, not quite ½ pint of water.

Mode.—This paste may be made by the directions in the preceding recipe, only using less butter and substituting lard for a portion of it. Mix the flour to a smooth paste with not quite ½ pint of water; then roll it out 3 times, the first time covering the paste with butter, the second with lard, and the third with butter. Keep the rolling-pin and
paste slightly dredged with flour, to prevent them from sticking, and it will be ready for use.

*Average cost*, 1s. per lb.

**BUTTER IN HASTE.**—In his "History of Food," Soyer says that to obtain butter instantly, it is only necessary, in summer, to put new milk into a bottle, some hours after it has been taken from the cow, and shake it briskly. The clots which are thus formed should be thrown into a sieve, washed and pressed together, and they constitute the finest and most delicate butter that can possibly be made.

**COMMON PASTE, for Family Pies.**

1207. **INGREDIENTS.**—1¼ lb. of flour, ½ lb. of butter, rather more than ½ pint of water.

*Mode.*—Rub the butter lightly into the flour, and mix it to a smooth paste with the water; roll it out 2 or 3 times, and it will be ready for use. This paste may be converted into an excellent short crust for sweet tart, by adding to the flour, after the butter is rubbed in, 2 tablespoonfuls of fine-sifted sugar.

*Average cost*, 8d. per lb.

**TO KEEP BUTTER FRESH.**—One of the best means to preserve butter fresh is, first to completely press out all the buttermilk, then to keep it under water, renewing the water frequently, and to remove it from the influence of heat and air, by wrapping it in a wet cloth.

**FRENCH PUFF-PASTE, or FEUILLETAGE.**

(Founded on M. Ude's Recipe.)

1208. **INGREDIENTS.**—Equal quantities of flour and butter—say 1 lb. of each; ½ saltspoonful of salt, the yolks of 2 eggs, rather more than ¼ pint of water.

*Mode.*—Weigh the flour; ascertain that it is perfectly dry, and sift it; squeeze all the water from the butter, and wring it in a clean cloth till there is no moisture remaining. Put the flour on the paste-board, work lightly into it 2 oz. of the butter, and then make a hole in the centre; into this well put the yolks of 2 eggs, the salt, and about ¼ pint of water (the quantity of this latter ingredient must be regulated by the cook, as it is impossible to give the exact proportion of it); knead up the paste quickly and lightly, and, when quite smooth, roll it out square to the thickness of about ½ inch. Presuming that the butter is perfectly free from moisture, and as cool as possible, roll it into a ball, and place this ball of butter on the paste; fold the paste over the butter all round, and secure it by wrapping it well all over. Flatten the paste by rolling it lightly with the rolling-pin until it is quite thin, but not thin enough to allow the butter to break through, and keep the board and paste dredged lightly with flour during the process of making it. This rolling gives it the *first* turn. Now fold the paste in three, and roll out again, and, should the weather be very warm, put it in a cold place on the ground to cool between the several turns; for, unless this is particularly attended to, the paste will be spoiled. Roll out the paste again *twice*, put it by to cool, then roll it out *twice* more, which will make 6 *turnings* in all. Now fold the paste in two, and it will be ready for use. If properly baked and well made, this crust will be delicious, and should
rise in the oven about 5 or 6 inches. The paste should be made rather firm in the first instance, as the ball of butter is liable to break through. Great attention must also be paid to keeping the butter very cool, as, if this is in a liquid and soft state, the paste will not answer at all. Should the cook be dextrous enough to succeed in making this, the paste will have a much better appearance than that made by the process of dividing the butter into 4 parts, and placing it over the rolled-out paste; but, until experience has been acquired, we recommend puff-paste made by recipe No. 1205. The above paste is used for vols-au-vent, small articles of pastry, and, in fact, everything that requires very light crust.

Average cost, 1s. 6d. per lb.

WHAT TO DO WITH RANCID BUTTER.—When butter has become very rancid, it should be melted several times by a moderate heat, with or without the addition of water, and as soon as it has been well kneaded, after the cooling, in order to extract any water it may have retained, it should be put into brown freestone pots, sheltered from the contact of the air. The French often add to it, after it has been melted, a piece of toasted bread, which helps to destroy the tendency of the batter to rancidity.

SOYER'S RECIPE FOR PUFF-PASTE.

1209. INGREDIENTS.—To every lb. of flour allow the yolk of 1 egg, the juice of 1 lemon, ½ saltspoonful of salt, cold water, 1 lb. of fresh butter.

Mode.—Put the flour on to the paste-board; make a hole in the centre, into which put the yolk of the egg, the lemon-juice, and salt; mix the whole with cold water (this should be iced in summer, if convenient) into a soft flexible paste, with the right hand, and handle it as little as possible; then squeeze all the buttermilk from the butter, wring it in a cloth, and roll out the paste; place the butter on this, and fold the edges of the paste over, so as to hide it; roll it out again to the thickness of ¼ inch; fold over one third, over which again pass the rolling-pin; then fold over the other third, thus forming a square; place it with the ends, top, and bottom before you, shaking a little flour both under and over, and repeat the rolls and turns twice again, as before. Flour a baking-sheet, put the paste on this, and let it remain on ice or in some cool place for ½ hour; then roll twice more, turning it as before; place it again upon the ice for ¼ hour, give it 2 more rolls, making 7 in all, and it is ready for use when required.

Average cost, 1s. 6d. per lb.

VERY GOOD SHORT CRUST FOR FRUIT TARTS.

1210. INGREDIENTS.—To every lb. of flour allow ¾ lb. of butter, 1 tablespoonful of sifted sugar, 1/3 pint of water.

Mode.—Rub the butter into the flour, after having ascertained that the latter is perfectly dry; add the sugar, and mix the whole into a stiff paste, with about 1/3 pint of water. Roll it out two or three times, folding the paste over each time, and it will be ready for use.

Average cost, 1s. 1d. per lb.
ANOTHER GOOD SHORT CRUST.

1211. INGREDIENTS.—To every lb. of flour allow 8 oz. of butter, the yolks of 2 eggs, 2 oz. of sifted sugar, about ¼ pint of milk.

Mode.—Rub the butter into the flour, add the sugar, and mix the whole as lightly as possible to a smooth paste, with the yolks of eggs well beaten, and the milk. The proportion of the latter ingredient must be judged of by the size of the eggs: if these are large, so much will not be required, and more if the eggs are smaller.

Average cost, 1s. per lb.

SUGAR AND BEETROOT.—There are two sorts of Beet,—white and red; occasionally, in the south, a yellow variety is met with. Beetroot contains twenty parts sugar. Everybody knows that the beet has competed with the sugar-cane, and a great part of the French sugar is manufactured from beet. Beetroot has a refreshing, composing, and slightly purgative quality. The young leaves, when cooked, are a substitute for spinach; they are also useful for mixing with sorrel, to lessen its acidity. The large ribs of the leaves are serviceable in various culinary preparations; the root also may be prepared in several ways, but its most general use is in salad. Some writers upon the subject have expressed their opinion that beetroot is easily digested, but those who have taken pains to carefully analyze its qualities make quite a contrary statement. Youth, of course, can digest it; but to persons of a certain age beet is very indigestible, or rather, it does not digest at all. It is not the sugary pulp which is indigestible, but its fibrous network that resists the action of the gastric organs. Thus, when the root is reduced to a puree, almost any person may eat it.

FRENCH SUGAR.—It had long been thought that tropical heat was not necessary to form sugar, and, about 1740, it was discovered that many plants of the temperate zone, and amongst others the beet, contained it. Towards the beginning of the 19th century, circumstances having, in France, made sugar scarce, and consequently dear, the government caused inquiries to be instituted as to the possibility of finding a substitute for it. Accordingly, it was ascertained that sugar exists in the whole vegetable kingdom; that it is to be found in the grape, chestnut, potato; but that, far above all, the beet contains it in a large proportion. Thus the beet became an object of the most careful culture; and many experiments went to prove that in this respect the old world was independent of the new. Many manufactories came into existence in all parts of France, and the making of sugar became naturalized in that country.

COMMON SHORT CRUST.

1212. INGREDIENTS.—To every pound of flour allow 2 oz. of sifted sugar, 3 oz. of butter, about ½ pint of boiling milk.

Mode.—Crumble the butter into the flour as finely as possible, add the sugar, and work the whole up to a smooth paste with the boiling milk. Roll it out thin, and bake in a moderate oven.

Average cost, 6d. per lb.

QUALITIES OF SUGAR.—Sugars obtained from various plants are in fact, of the same nature, and have no intrinsic difference when they have become equally purified by the same processes. Taste, crystallization, colour, weight, are absolutely identical; and the most accurate observer cannot distinguish the one from the other.
BUTTER CRUST, for Boiled Puddings.

1213. INGREDIENTS.—To every lb. of flour allow 6 oz. of butter, ½ pint of water.

Mode.—With a knife, work the flour to a smooth paste with ½ pint of water; roll the crust out rather thin; place the butter over it in small pieces; dredge lightly over it some flour, and fold the paste over; repeat the rolling once more, and the crust will be ready for use. It may be enriched by adding another 2 oz. of butter; but, for ordinary purposes, the above quantity will be found quite sufficient.

Average cost, 6d. per lb.

DRIPPING CRUST, for Kitchen Puddings, Pies, &c.

1214. INGREDIENTS.—To every lb. of flour allow 6 oz. of clarified beef dripping, ½ pint of water.

Mode.—After having clarified the dripping, by either of the recipes No. 621 or 622, weigh it, and to every lb. of flour allow the above proportion of dripping. With a knife, work the flour into a smooth paste with the water, rolling it out 3 times, each time placing on the crust 2 oz. of the dripping, broken into small pieces. If this paste is lightly made, if good dripping is used, and not too much of it, it will be found good; and by the addition of two tablespoonfuls of fine moist sugar, it may be converted into a common short crust for fruit pies.

Average cost, 4d. per pound.

WATER:—WHAT THE ANCIENTS THOUGHT OF IT.—All the nations of antiquity possessed great veneration for water; thus, the Egyptians offered prayers and homage to water, and the Nile was an especial object of their adoration; the Persians would not wash their hands; the Scythians honoured the Danube; the Greeks and Romans erected altars to the fountains and rivers; and some of the architectural embellishments executed for fountains in Greece were remarkable for their beauty and delicacy. The purity of the water was a great object of the care of the ancients; and we learn that the Athenians appointed four officers to keep watch and ward over the water in their city. These men had to keep the fountains in order and clean the reservoirs, so that the water might be preserved pure and limpid. Like officers were appointed in other Greek cities.

SUET CRUST, for Pies or Puddings.

1215. INGREDIENTS.—To every lb. of flour allow 5 or 6 oz. of beef suet, ½ pint of water.

Mode.—Free the suet from skin and shreds; chop it extremely fine, and rub it well into the flour; work the whole to a smooth paste with the above proportion of water; roll it out, and it is ready for use. This crust is quite rich enough for ordinary purposes, but when a better one is desired, use from ½ to ¾ lb. of suet to every lb. of flour. Some cooks, for rich crusts, pound the suet in a mortar, with a small quantity of butter. It should then be laid on the paste in small pieces, the same as for puff-crust, and will be found exceedingly nice for hot tarts. 5 oz. of suet to every lb. of flour will make a very good crust; and even ¼ lb. will answer very well for children, or where the crust is wanted very plain.
1216. INGREDIENTS.—To every lb. of flour allow ½ saltspoonful of salt, 2 eggs, 1/3 pint of water, 6 oz. of butter.

Mode.—Spread the flour, which should be sifted and thoroughly dry, on the paste-board; make a hole in the centre, into which put the butter; work it lightly into the flour, and when quite fine, add the salt; work the whole into a smooth paste with the eggs (yolks and whites) and water, and make it very firm. Knead the paste well, and let it be rather stiff, that the sides of the pie may be easily raised, and that they do not afterwards tumble or shrink.

Note.—This paste may be very much enriched by making it with equal quantities of flour and butter; but then it is not so easily raised as when made plainer.

WATER SUPPLY IN ROME.—Nothing in Italy is more extraordinary than the remains of the ancient aqueducts. At first, the Romans were contented with the water from the Tiber. Ancus Martius was the first to commence the building of aqueducts destined to convey the water of the fountain of Piconia from Tibur to Rome, a distance of some 33,000 paces. Appius Claudius continued the good work, and to him is due the completion of the celebrated Appian Way. In time, the gigantic waterways greatly multiplied, and, by the reign of Nero, there were constructed nine principal aqueducts, the pipes of which were of bricks, baked tiles, stone, lead, or wood. According to the calculation of Vigenerus, half a million hogsheads of water were conveyed into Rome every day, by upwards of 10,000 small pipes not one-third of an inch in diameter. The water was received in large closed basins, above which rose splendid monuments: these basins supplied other subterranean conduits, connected with various quarters of the city, and these conveyed water to small reservoirs furnished with taps for the exclusive use of certain streets. The water which was not drinkable ran out, by means of large pipes, into extensive inclosures, where it served to water cattle. At these places the people washed their linen; and here, too, was a supply of the necessary element in case of fire.

1217. INGREDIENTS.—To every lb. of flour allow ½ pint of water, 1-½ oz. of butter, 1-½ oz. of lard, ½ saltspoonful of salt.

Mode.—Put into a saucepan the water; when it boils, add the butter and lard; and when these are melted, make a hole in the middle of the flour; pour in the water gradually; beat it well with a wooden spoon, and be particular in not making the paste too soft. When it is well mixed, knead it with the hands until quite stiff, dredging a little flour over the paste and board, to prevent them from sticking. When it is well kneaded, place it before the fire, with a cloth covered over it, for a few minutes; it will then be more easily worked into shape. This paste does not taste so nicely as the preceding one, but is worked with greater facility, and answers just as well for raised pies, for the crust is seldom eaten.

Average cost, 5d, per lb.
LARD OR FLEAD CRUST.

1218. INGREDIENTS.—To every lb. of flour allow ½ lb. of lard or flead, ½ pint of water, ½ saltspoonful of salt.

Mode.—Clear the flead free from skin, and slice it into thin flakes; rub it into the flour, add the salt, and work the whole into a smooth paste, with the above proportion of water; fold the paste over two or three times, beat it well with the rolling-pin, roll it out, and it will be ready for use. The crust made from this will be found extremely light, and may be made into cakes or tarts; it may also be very much enriched by adding more flead to the same proportion of flour.

Average cost, 8d. per lb.

NUTRITIOUS QUALITIES OF FLOUR.—The gluten of grain and the albumen of vegetable juices are identical in composition with the albumen of blood. Vegetable caseine has also the composition of animal caseine. The finest wheat flour contains more starch than the coarser; the bran of wheat is proportionally richer in gluten. Rye and rye-bread contain a substance resembling starch-gum (or dextrine, as it is called) in its properties, which is very easily converted into sugar. The starch of barley approaches in many properties to cellulose, and is, therefore, less digestible. Oats are particularly rich in plastic substances; Scotch oats are richer than those grown in England or in Germany. This kind of grain contains in its ashes, after deduction of the silica of the husks, very nearly the same ingredients as are found in the ashes of the juice of flesh. Fine American flour is one of the varieties which is richest in gluten, and is consequently one of the most nutritious.

ALMOND CHEESECAKES.

1219. INGREDIENTS.—¼ lb. of sweet almonds, 4 bitter ones, 3 eggs, 2 oz. of butter, the rind of ¼ lemon, 1 tablespoonful of lemon-juice, 3 oz. of sugar.

Mode.—Blanch and pound the almonds smoothly in a mortar, with a little rose—or spring-water; stir in the eggs, which should be well beaten, and the butter, which should be warmed; add the grated lemon-peel and—juice, sweeten, and stir well until the whole is thoroughly mixed. Line some pattypans with puff-paste, put in the mixture, and bake for 20 minutes, or rather less in a quick oven.

Time.—20 minutes, or rather less.

Average cost, 10d.

Sufficient for about 12 cheesecakes.

Seasonable at any time.

ALMONDS.—Almonds are the fruit of the Amygdalus communis, and are cultivated throughout the whole of the south of Europe, Syria, Persia, and Northern Africa; but England is mostly supplied with those which are grown in Spain and the south of France. They are distinguished into Sweet and Bitter, the produce of different varieties. Of the sweet, there are two varieties, distinguished in commerce by...
the names of Jordan and Valentia almonds. The former are imported from Malaga, and are longer, narrower, more pointed, and more highly esteemed than the latter, which are imported from Valentia. Bitter almonds are principally obtained from Morroco, and are exported from Mogador.

**ALMOND PASTE, for Second-Course Dishes.**

1220. INGREDIENTS.—1 lb. of sweet almonds, 6 bitter ones, 1 lb. of very finely sifted sugar, the whites of 2 eggs.

*Mode.*—Blanch the almonds, and dry them thoroughly; put them into a mortar, and pound them well, wetting them gradually with the whites of 2 eggs. When well pounded, put them into a small preserving-pan, add the sugar, and place the pan on a small but clear fire (a hot-plate is better); keep stirring until the paste is dry, then take it out of the pan, put it between two dishes, and, when cold, make it into any shape that fancy may dictate.

*Time.*—½ hour. *Average cost,* 2s. for the above quantity.

*Sufficient* for 3 small dishes of pastry.

*Seasonable* at any time.

**BITTER ALMONDS.**—The Bitter Almond is a variety of the common almond, and is injurious to animal life, on account of the great quantity of hydrocyanic acid it contains, and is consequently seldom used in domestic economy, unless it be to give flavour to confectionery; and even then it should be used with great caution. A single drop of the essential oil of bitter almonds is sufficient to destroy a bird, and four drops have caused the death of a middle-sized dog.

**BAKED ALMOND PUDDING.**

(*Very rich.*)

1221. INGREDIENTS.—¼ lb. of almonds, 4 bitter ditto, 1 glass of sherry, 4 eggs, the rind and juice of ½ lemon, 3 oz. of butter, 1 pint of cream, 2 tablespoonfuls of sugar.

*Mode.*—Blanch and pound the almonds to a smooth paste with the water; mix these with the butter, which should be melted; beat up the eggs, grate the lemon-rind, and strain the juice; add these, with the cream, sugar, and wine, to the other ingredients, and stir them well together. When well mixed, put it into a pie-dish lined with puff-paste, and bake for ½ hour.

*Time.*—½ hour. *Average cost,* 2s. 3d.

*Sufficient* for 4 or 5 persons.

*Seasonable* at any time.

*Note.*—To make this pudding more economically, substitute milk for the cream; but then add rather more than 1 oz. of finely grated bread.
USES OF THE SWEET ALMOND.—The kernels of the sweet almond are used either in a green or ripe state, and as an article in the dessert. Into cookery, confectionery, perfumery, and medicine, they largely enter, and in domestic economy, should always be used in preference to bitter almonds. The reason for advising this, is because the kernels do not contain any hydrocyanic or prussic acid, although it is found in the leaves, flowers, and bark of the tree. When young and green, they are preserved in sugar, like green apricots. They furnish the almond-oil; and the farinaceous matter which is left after the oil is expressed, forms the pâte d'amandes of perfumers. In the arts, the oil is employed for the same purposes as the olive-oil, and forms the basis of kalydor, macassar oil, Gowland's lotion, and many other articles of that kind vended by perfumers. In medicine, it is considered a nutritive, laxative, and an emollient.

SMALL ALMOND PUDDINGS.

1222. INGREDIENTS.—½ lb. of sweet almonds, 6 bitter ones, ¼ lb. of butter, 4 eggs, 2 tablespoonfuls of sifted sugar, 2 tablespoonfuls of cream, 1 tablespoonful of brandy.

Mode.—Blanch and pound the almonds to a smooth paste with a spoonful of water; warm the butter, mix the almonds with this, and add the other ingredients, leaving out the whites of 2 eggs, and be particular that these are well beaten. Mix well, butter some cups, half fill them, and bake the puddings from 20 minutes to ½ hour. Turn them out on a dish, and serve with sweet sauce.

Time.—20 minutes to ½ hour. Average cost, 1s.

Sufficient for 4 or 5 persons. Seasonable at any time.

THE HUSKS OF ALMONDS.—In the environs of Alicante, the husks of almonds are ground to a powder, and enter into the composition of common soap, the large quantity of alkaline principle they contain rendering them suitable for this purpose. It is said that in some parts of the south of France, where they are extensively grown, horses and mules are fed on the green and dry husks; but, to prevent any evil consequences arising from this practice, they are mixed with chopped straw or oats.

ALMOND PUFFS.

1223. INGREDIENTS.—2 tablespoonfuls of flour, 2 oz. of butter, 2 oz. of pounded sugar, 2 oz. of sweet almonds, 4 bitter almonds.

Mode.—Blanch and pound the almonds in a mortar to a smooth paste; melt the butter, dredge in the flour, and add the sugar and pounded almonds. Beat the mixture well, and put it into cups or very tiny jelly-pots, which should be well buttered, and bake in a moderate oven for about 20 minutes, or longer should the puffs be large. Turn them out on a dish, the bottom of the puff upper-most, and serve.

Time.—20 minutes. Average cost, 6d.

Sufficient for 2 or 3 persons. Seasonable at any time.
AUNT NELLY'S PUDDING.

1224. INGREDIENTS.—½ lb. of flour, ½ lb. of treacle, ½ lb. of suet, the rind and juice of 1 lemon, a few strips of candied lemon-peel, 3 tablespoonfuls of cream, 2 eggs.

Mode.—Chop the suet finely; mix with it the flour, treacle, lemon-peel minced, and candied lemon-peel; add the cream, lemon-juice, and 2 well-beaten eggs; beat the pudding well, put it into a buttered basin, tie it down with a cloth, and boil from 3½ to 4 hours.

Time.—3½ to 4 hours. Average cost, 1s. 2d.

Sufficient for 5 or 6 persons.

Seasonable at any time, but more suitable for a winter pudding.

TREACLE, OR MOLASSES.—Treacle is the uncrystallizable part of the saccharine juice drained from the Muscovado sugar, and is either naturally so or rendered uncrystallizable through some defect in the process of boiling. As it contains a large quantity of sweet or saccharine principle and is cheap, it is of great use as an article of domestic economy. Children are especially fond of it; and it is accounted wholesome. It is also useful for making beer, rum, and the very dark syrups.

BAKED APPLE DUMPLINGS
(a Plain Family Dish).

1225. INGREDIENTS.—6 apples, ¾ lb. of suet-crust No. 1215, sugar to taste.

Mode.—Pare and take out the cores of the apples without dividing them, and make ½ lb. of suet-crust by recipe No. 1215; roll the apples in the crust, previously sweetening them with moist sugar, and taking care to join the paste nicely. When they are formed into round balls, put them on a tin, and bake them for about ½ hour, or longer should the apples be very large; arrange them pyramidically on a dish, and sift over them some pounded white sugar. These may be made richer by using one of the puff-pastes instead of suet.

Time.—From ½ to ¾ hour, or longer. Average cost, 1½d. each.

Sufficient for 4 persons.

Seasonable from August to March, but flavourless after the end of January.

USES OF THE APPLE.—It is well known that this fruit forms a very important article of food, in the form of pies and puddings, and furnishes several delicacies, such as sauces, marmalades, and jellies, and is much esteemed as a dessert fruit. When flattened in the form of round cakes, and baked in ovens, they are called beefings; and large quantities are annually dried in the sun in America, as well as in Normandy, and stored for use during winter, when they may be stewed or made into pies. In a roasted state they are remarkably wholesome, and, it is said, strengthening to a weak stomach. In putrid and malignant fevers, when used with the juice of lemons and currants, they are considered highly efficacious.
APPLE CHEESECAKES.

1226. INGREDIENTS.—½ lb. of apple pulp, ¼ lb. of sifted sugar, ¼ lb. of butter, 4 eggs, the rind and juice of 1 lemon.

Mode.—Pare, core, and boil sufficient apples to make ½ lb. when cooked; add to these the sugar, the butter, which should be melted; the eggs, leaving out 2 of the whites, and take grated rind and juice of 1 lemon; stir the mixture well; line some patty-pans with puff-paste, put in the mixture, and bake about 20 minutes.

Time.—About 20 minutes.

Average cost, for the above quantity, with the paste, 1s. 2d.

Sufficient for about 18 or 20 cheesecakes.

Seasonable from August to March.

THE APPLE.—The most useful of all the British fruits is the apple, which is a native of Britain, and may be found in woods and hedges, in the form of the common wild crab, of which all our best apples are merely seminal varieties, produced by culture or particular circumstances. In most temperate climates it is very extensively cultivated, and in England, both as regards variety and quantity, it is excellent and abundant. Immense supplies are also imported from the United States and from France. The apples grown in the vicinity of New York are universally admitted to be the finest of any; but unless selected and packed with great care, they are apt to spoil before reaching England.

BOILED APPLE DUMPLINGS.

1227. INGREDIENTS.—6 apples, ¾ lb. of suet-crust No. 1215, sugar to taste.

Mode.—Pare and take out the cores of the apples without dividing them; sweeten, and roll each apple in a piece of crust, made by recipe No. 1211; be particular that the paste is nicely joined; put the dumplings into floured cloths, tie them securely, and put them into boiling water. Keep them boiling from ½ to ¾ hour; remove the cloths, and send them hot and quickly to table. Dumplings boiled in knitted cloths have a very pretty appearance when they come to table. The cloths should be made square, just large enough to hold one dumpling, and should be knitted in plain knitting, with very coarse cotton.

Time.—¾ to 1 hour, or longer should the dumplings be very large.

Average cost, 1½d. each.

Sufficient for 4 persons.

Seasonable from August to March, but flavourless after the end of January.
LAMBSWOOL, or LAMASOOL.—This old English beverage is composed of apples mixed with ale, and seasoned with sugar and spice. It takes its name from Lamaes abhal, which, in ancient British, signifies the day of apple fruit, from being drunk on the apple feast in autumn. In France, a beverage, called by the Parisians raisinée, is made by boiling any given quantity of new wine, skimming it as often as fresh scum rises, and, when it is boiled to half its bulk, straining it. To this apples, pared and cut into quarters, are added; the whole is then allowed to simmer gently, stirring it all the time with a long wooden spoon, till the apples are thoroughly mixed with the liquor, and the whole forms a species of marmalade, which is extremely agreeable to the taste, having a slight flavour of acidity, like lemon mixed with honey.

**RICH BAKED APPLE PUDDING.**

I.

1228. **INGREDIENTS.**—½ lb. of the pulp of apples, ½ lb. of loaf sugar, 6 oz. of butter, the rind of 1 lemon, 6 eggs, puff-paste.

**Mode.**—Peel, core, and cut the apples, as for sauce; put them into a stewpan, with only just sufficient water to prevent them from burning, and let them stew until reduced to a pulp. Weigh the pulp, and to every ½ lb. add sifted sugar, grated lemon-rind, and 6 well-beaten eggs. Beat these ingredients well together; then melt the butter, stir it to the other things, put a border of puff-paste round the dish, and bake for rather more than ½ hour. The butter should not be added until the pudding is ready for the oven.

**Time.**—½ to ¾ hour.

**Average cost,** 1s. 10d.

**Sufficient** for 5 or 6 persons.

**Seasonable** from August to March.

II. *(More Economical.)*

1229. **INGREDIENTS.**—12 large apples, 6 oz. of moist sugar, ¼ lb. of butter, 4 eggs, 1 pint of bread crumbs.

**Mode.**—Pare, core, and cut the apples, as for sauce, and boil them until reduced to a pulp; then add the butter, melted, and the eggs, which should be well whisked. Beat up the pudding for 2 or 3 minutes; butter a pie-dish; put in a layer of bread crumbs, then the apple, and then another layer of bread crumbs; flake over these a few tiny pieces of butter, and bake for about ½ hour.

**Time.**—About ½ hour.

**Average cost,** 1s. 3d.

**Sufficient** for 5 or 6 persons.
Seasonable from August to March.

Note.—A very good economical pudding may be made merely with apples, boiled and sweetened, with the addition of a few strips of lemon-peel. A layer of bread crumbs should be placed above and below the apples, and the pudding baked for ½ hour.

CONSTITUENTS OF THE APPLE.—All apples contain sugar, malic acid, or the acid of apples; mucilage, or gum; woody fibre, and water; together with some aroma, on which their peculiar flavour depends. The hard acid kinds are unwholesome if eaten raw; but by the process of cooking, a great deal of this acid is decomposed and converted into sugar. The sweet and mellow kinds form a valuable addition to the dessert. A great part of the acid juice is converted into sugar as the fruit ripens, and even after it is gathered, by natural process, termed maturation; but, when apples decay, the sugar is changed into a bitter principle, and the mucilage becomes mouldy and offensive. Old cheese has a remarkable effect in meliorating the apple when eaten; probably from the volatile alkali or ammonia of the cheese neutralizing its acid.

RICH SWEET APPLE PUDDING.

1230. INGREDIENTS.—½ lb. of bread crumbs, ½ lb. of suet, ½ lb. of currants, ½ lb. of apples, ½ lb. of moist sugar, 6 eggs, 12 sweet almonds, ½ saltspoonful of grated nutmeg, 1 wineglassful of brandy.

Mode.—Chop the suet very fine; wash the currants, dry them, and pick away the stalks and pieces of grit; pare, core, and chop the apple, and grate the bread into fine crumbs, and mince the almonds. Mix all these ingredients together, adding the sugar and nutmeg; beat up the eggs, omitting the whites of three; stir these to the pudding, and when all is well mixed, add the brandy, and put the pudding into a buttered mould; tie down with a cloth, put it into boiling water, and let it boil for 3 hours.

Time.—3 hours.

Average cost, 2s.

Sufficient for 5 or 6 persons.

Seasonable from August to March.

TO PRESERVE APPLES.—The best mode of preserving apples is to carry them at once to the fruit-room, where they should be put upon shelves, covered with white paper, after gently wiping each of the fruit. The room should be dry, and well aired, but should not admit the sun. The finer and larger kinds of fruit should not be allowed to touch each other, but should be kept separate. For this purpose, a number of shallow trays should be provided, supported by racks or stands above each other. In very cold frosty weather, means should be adopted for warming the room.

BAKED APPLE PUDDING.

(Very Good.)

1231. INGREDIENTS.—5 moderate-sized apples, 2 tablespoonfuls of finely-chopped suet, 3 eggs, 3 tablespoonfuls of flour, 1 pint of milk, a little grated nutmeg.
Mode.—Mix the flour to a smooth batter with the milk; add the eggs, which should be well whisked, and put this batter into a well-buttered pie-dish. Wipe the apples clean, but do not pare them; cut them in halves, and take out the cores; lay them in the batter, rind uppermost; shake the suet on the top, over which, also grate a little nutmeg; bake in a moderate oven for an hour, and cover, when served, with sifted loaf sugar. This pudding is also very good with the apples pared, sliced, and mixed with the batter.

Time.—1 hour.

Average cost, 9d.

Sufficient for 5 or 6 persons.

**BOILED APPLE PUDDING.**

1232. INGREDIENTS.—Crust No. 1215, apples, sugar to taste, 1 small teaspoonful of finely-minced lemon-peel, 2 tablespoonfuls of lemon-juice.

Mode.—Make a butter-crust by recipe No. 1213, or a suet one by recipe No. 1215, using for a moderate-sized pudding from ¾ to 1 lb. of flour, with the other ingredients in proportion. Butter a basin; line it with some of the paste; pare, core, and cut the apples into slices, and fill the basin with these; add the sugar, the lemon-peel and juice, and cover with crust; pinch the edges together, flour the cloth, place it over the pudding, tie it securely, and put it into plenty of fast-boiling water. Let it boil from 1-½ to 2-½ hours, according to the size; then turn it out of the basin and send to table quickly. Apple puddings may also be boiled in a cloth without a basin; but, when made in this way, must be served without the least delay, as the crust so soon becomes heavy. Apple pudding is a very convenient dish to have when the dinner-hour is rather uncertain, as it does not spoil by being boiled an extra hour; care, however, must be taken to keep it well covered with the water all the time, and not to allow it to stop boiling.

Time.—From 1-½ to 2-½ hours, according to the size of the pudding and the quality of the apples.

Average cost, 10d.

Sufficient, made with 1 lb. of flour, for 7 or 8 persons.

Seasonable from August to March; but the apples become flavourless and scarce after February.

**APPLE TART OR PIE.**

1233. INGREDIENTS.—Puff-paste No. 1205 or 1206, apples; to every lb. of unpared apples allow 2 oz. of moist sugar, ½ teaspoonful of finely-minced lemon-peel, 1 tablespoonful of lemon-juice.

Mode.—Make ½ lb. of puff-paste by either of the above-named recipes, place a border of it round the edge of a pie-dish, and fill it with apples pared, cored, and cut
into slices; sweeten with moist sugar, add the lemon-peel and juice, and 2 or 3 tablespoonfuls of water; cover with crust, cut it evenly round close to the edge of the pie-dish, and bake in a hot oven from ½ to ¾ hour, or rather longer, should the pie be very large. When it is three-parts done, take it out of the oven, put the white of an egg on a plate, and, with the blade of a knife, whisk it to a froth; brush the pie over with this, then sprinkle upon it some sifted sugar, and then a few drops of water. Put the pie back into the oven, and finish baking, and be particularly careful that it does not catch or burn, which it is very liable to do after the crust is iced. If made with a plain crust, the icing may be omitted.

*Time.*—½ hour before the crust is iced; 10 to 15 minutes afterwards.

*Average cost,* 9d.

*Sufficient.*—Allow 2 lbs. of apples for a tart for 6 persons.

*Seasonable* from August to March; but the apples become flavourless after February.

*Note.*—Many things are suggested for the flavouring of apple pie; some say 2 or 3 tablespoonfuls of beer, others the same quantity of sherry, which very much improve the taste; whilst the old-fashioned addition of a few cloves is, by many persons, preferred to anything else, as also a few slices of quince.

**CREAMED APPLE TART.**

1234. *INGREDIENTS.*—Puff-crust No. 1205 or 1206, apples; to every lb. of pared and cored apples, allow 2 oz. of moist sugar, ½ teaspoonful of minced lemon-peel, 1 tablespoonful of lemon-juice, ½ pint of boiled custard.

*Mode.*—Make an apple tart by the preceding recipe, with the exception of omitting the icing. When the tart is baked, cut out the middle of the lid or crust, leaving a border all round the dish. Fill up with a nicely-made boiled custard, grate a little
nutmeg over the top, and the pie is ready for table. This tart is usually eaten cold; is rather an old-fashioned dish, but, at the same time, extremely nice.

*Time.*—½ to ¾ hour.

*Average cost*, 1s. 3d.

*Sufficient* for 5 or 6 persons.

*Seasonable* from August to March.

**APPLE SNOWBALLS.**

1235. **INGREDIENTS.**—2 teacupfuls of rice, apples, moist sugar, cloves.

*Mode.*—Boil the rice in milk until three-parts done; then strain it off, and pare and core the apples without dividing them. Put a small quantity of sugar and a clove into each apple, put the rice round them, and tie each ball separately in a cloth. Boil until the apples are tender; then take them up, remove the cloths, and serve.

*Time.*—½ hour to boil the rice separately; ½ to 1 hour with the apple.

*Seasonable* from August to March.

**APPLE TOURTE OR CAKE.**

( *German Recipe.* )

1236. **INGREDIENTS.**—10 or 12 apples, sugar to taste, the rind of 1 small lemon, 3 eggs, ¼ pint of cream or milk, ¼ lb. of butter, ¾ lb. of good short crust No. 1211, 3 oz. of sweet almonds.

*Mode.*—Pare, core, and cut the apples into small pieces; put sufficient moist sugar to sweeten them into a basin; add the lemon-peel, which should be finely minced, and the cream; stir these ingredients well, whisk the eggs, and melt the butter; mix altogether, add the sliced apple, and let these be well stirred into the mixture. Line a large round plate with the paste, place a narrow rim of the same round the outer edge, and lay the apples thickly in the middle. Blanch the almonds, cut them into long shreds, and strew over the top of the apples, and bake from ½ to ¾ hour, taking care that the almonds do not get burnt: when done, strew some sifted sugar over the top, and serve. This tourte may be eaten either hot or cold, and is sufficient to fill 2 large-sized plates.

*Time.*—½ to ¾ hour.

*Average cost*, 2s. 2d.

*Sufficient* for 2 large-sized tourtes.

*Seasonable* from August to March.
APPLES.—No fruit is so universally popular as the apple. It is grown extensively for cider, but many sorts are cultivated for the table. The apple, uncooked, is less digestible than the pear; the degree of digestibility varying according to the firmness of its texture and flavour. Very wholesome and delicious jellies, marmalades, and sweetmeats are prepared from it. Entremets of apples are made in great variety. Apples, when peeled, cored, and well cooked, are a most grateful food for the dyspeptic.

ALMA PUDDING.

1237. INGREDIENTS.—½ lb. of fresh butter, ½ lb. of powdered sugar, ½ lb. of flour, ¼ lb. of currants, 4 eggs.

Mode.—Beat the butter to a thick cream, strew in, by degrees, the sugar, and mix both these well together; then dredge the flour in gradually, add the currants, and moisten with the eggs, which should be well beaten. When all the ingredients are well stirred and mixed, butter a mould that will hold the mixture exactly, tie it down with a cloth, put the pudding into boiling water, and boil for 5 hours; when turned out, strew some powdered sugar over it, and serve.

Time.—6 hours. Average cost, 1s. 6d.

Sufficient for 5 or 6 persons.

Seasonable at any time.

BAKED APRICOT PUDDING.

1238. INGREDIENTS.—12 large apricots, ¾ pint of bread crumbs, 1 pint of milk, 3 oz. of pounded sugar, the yolks of 4 eggs, 1 glass of sherry.

Mode.—Make the milk boiling hot, and pour it on to the bread crumbs; when half cold, add the sugar, the well-whisked yolks of the eggs, and the sherry. Divide the apricots in half, scald them until they are soft, and break them up with a spoon, adding a few of the kernels, which should be well pounded in a mortar; then mix the fruit and other ingredients together, put a border of paste round the dish, fill with the mixture, and bake the pudding from ½ to ¾ hour.

Time.—½ to ¾ hour. Average cost, in full season, 1s. 6d.

Sufficient for 4 or 5 persons.

Seasonable in August, September, and October.

APRICOT TART.

1239. INGREDIENTS.—12 or 14 apricots, sugar to taste, puff-paste or short crust.

Mode.—Break the apricots in half, take out the stones, and put them into a pie-dish, in the centre of which place a very small cup or jar, bottom uppermost; sweeten with good moist sugar, but add no water. Line the edge of the dish with paste, put on the cover, and ornament the pie in any of the usual modes. Bake from ½ to ¾ hour.
according to size; and if puff-paste is used, glaze it about 10 minutes before the pie is done, and put it into the oven again to set the glaze. Short crust merely requires a little sifted sugar sprinkled over it before being sent to table.

**Time.**—½ to ¾ hour. **Average cost,** in full season, 1s.

**Sufficient** for 4 or 5 persons.

**Seasonable** in August, September, and October; green ones rather earlier.

**Note.**—Green apricots make very good tarts, but they should be boiled with a little sugar and water before they are covered with the crust.

APRICOTS.—The apricot is indigenous to the plains of Armenia, but is now cultivated in almost every climate, temperate or tropical. There are several varieties. The skin of this fruit has a perfumed flavour, highly esteemed. A good apricot, when perfectly ripe, is an excellent fruit. It has been somewhat condemned for its laxative qualities, but this has possibly arisen from the fruit having been eaten unripe, or in too great excess. Delicate persons should not eat the apricot uncooked, without a liberal allowance of powdered sugar. The apricot makes excellent jam and marmalade, and there are several foreign preparations of it which are considered great luxuries.

**BAKED OR BOILED ARROWROOT PUDDING.**

1240. INGREDIENTS.—2 tablespoonfuls of arrowroot, 1½ pint of milk, 1 oz. of butter, the rind of ½ lemon, 2 heaped tablespoonfuls of moist sugar, a little grated nutmeg.

**Mode.**—Mix the arrowroot with as much cold milk as will make it into a smooth batter, moderately thick; put the remainder of the milk into a stewpan with the lemon-peel, and let it infuse for about ½ hour; when it boils, strain it gently to the batter, stirring it all the time to keep it smooth; then add the butter; beat this well in until thoroughly mixed, and sweeten with moist sugar. Put the mixture into a pie-dish, round which has been placed a border of paste, grate a little nutmeg over the top, and bake the pudding from 1 to 1¼ hour, in a moderate oven, or boil it the same length of time in a well-buttered basin. To enrich this pudding, stir to the other ingredients, just before it is put in the oven, 3 well-whisked eggs, and add a tablespoonful of brandy. For a nursery pudding, the addition of the latter ingredients will be found quite superfluous, as also the paste round the edge of the dish.

**Time.**—1 to 1¼ hour, baked or boiled. **Average cost,** 7d.

**Sufficient** for 5 or 6 persons. **Seasonable** at any time.

ARROWROOT.—In India, and in the colonies, by the process of rasping, they extract from a vegetable (*Maranta arundinacea*) a sediment nearly resembling tapioca. The grated pulp is sifted into a quantity of water, from which it is afterwards strained and dried, and the sediment thus produced is called arrowroot. Its qualities closely resemble those of tapioca.
A BACHELOR'S PUDDING.

1241. INGREDIENTS.—4 oz. of grated bread, 4 oz. of currants, 4 oz. of apples, 2 oz. of sugar, 3 eggs, a few drops of essence of lemon, a little grated nutmeg.

Mode.—Pare, core, and mince the apples very finely, sufficient, when minced, to make 4 oz.; add to these the currants, which should be well washed, the grated bread, and sugar; whisk the eggs, beat these up with the remaining ingredients, and, when all is thoroughly mixed, put the pudding into a buttered basin, tie it down with a cloth, and boil for 3 hours.

Time.—3 hours. Average cost, 9d.

Sufficient for 4 or 5 persons. Seasonable from August to March.

BAKEWELL PUDDING.

(Very Rich.)

I.

1242. INGREDIENTS.—¼ lb. of puff-paste, 5 eggs, 6 oz. of sugar, ¼ lb. of butter, 1 oz. of almonds, jam.

Mode.—Cover a dish with thin paste, and put over this a layer of any kind of jam, ½ inch thick; put the yolks of 5 eggs into a basin with the white of 1, and beat these well; add the sifted sugar, the butter, which should be melted, and the almonds, which should be well pounded; beat all together until well mixed, then pour it into the dish over the jam, and bake for an hour in a moderate oven.

Time.—1 hour. Average cost, 1s. 6d.

Sufficient for 4 or 6 persons. Seasonable at any time.

II.

1243. INGREDIENTS.—¾ pint of bread crumbs, 1 pint of milk, 4 eggs, 2 oz. of sugar, 3 oz. of butter, 1 oz. of pounded almonds, jam.

Mode.—Put the bread crumbs at the bottom of a pie-dish, then over them a layer of jam of any kind that may be preferred; mix the milk and eggs together; add the sugar, butter, and pounded almonds; beat fill well together; pour it into the dish, and bake in a moderate oven for 1 hour.

Time.—1 hour. Average cost. 1s. 3d. to 1s. 6d.

Sufficient for 4 or 5 persons. Seasonable at any time.
BARONESS PUDDING.

*(Author's Recipe)*

1244. INGREDIENTS.—¾ lb. of suet, ¾ lb. of raisins weighed after being stoned, ¾ lb. of flour, ½ pint of milk, ¼ saltspoonful of salt.

Mode.—Prepare the suet, by carefully freeing it from skin, and chop it finely; stone the raisins, and cut them in halves, and mix both these ingredients with the salt and flour; moisten the whole with the above proportion of milk, stir the mixture well, and tie the pudding in a floured cloth, which has been previously wrung out in boiling water. Put the pudding into a saucepan of boiling water, and let it boil, without ceasing, 4½ hours. Serve merely with plain sifted sugar, a little of which may be sprinkled over the pudding.

_Time._—4½ hours. _Average cost_, 1s. 4d.

_Sufficient_ for 7 or 8 persons.

_Suitable_ in winter, when fresh fruit is not obtainable.

_Note._—This pudding the editress cannot too highly recommend. The recipe was kindly given to her family by a lady who bore the title here prefixed to it; and with all who have partaken of it, it is an especial favourite. Nothing is of greater consequence, in the above directions, than attention to the time of boiling, which should never be less than that mentioned.

BARBERRY TART.

1245. INGREDIENTS.—To every lb. of barberries allow ¾ lb. of lump sugar; paste.

_Mode._—Pick the barberries from the stalks, and put the fruit into a stone jar; place this jar in boiling water, and let it simmer very slowly until the fruit is soft; then put it into a preserving-pan with the sugar, and boil gently for 15 minutes; line a tartlet-pan with paste, bake it, and, when the paste is cold, fill with the barberries, and ornament the tart with a few baked leaves of paste, cut out, as shown in the engraving.

_Time._—¼ hour to bake the tart.

_Average cost_, 4d. per pint.

_Suitable_ in autumn.

BARBERRIES (*Berberis vulgaris.*)—A fruit of such great acidity, that even birds refuse to eat it. In this respect, it nearly approaches the tamarind. When boiled with sugar, it makes a very agreeable preserve or jelly, according to the
different modes of preparing it. Barberries are also used as a dry sweetmeat, and in sugarplums or comfits; are pickled with vinegar, and are used for various culinary purposes. They are well calculated to allay heat and thirst in persons afflicted with fevers. The berries, arranged on bunches of nice curled parsley, make an exceedingly pretty garnish for supper-dishes, particularly for white meats, like boiled fowl à la Béchamel, the three colours, scarlet, green, and white, contrasting so well, and producing a very good effect.

**BAKED BATTER PUDDING.**

1246. **INGREDIENTS.**—1-¼ pint of milk, 4 tablespoonfuls of flour, 2 oz. of butter, 4 eggs, a little salt.

**Mode.**—Mix the flour with a small quantity of cold milk; make the remainder hot, and pour it on to the flour, keeping the mixture well stirred; add the butter, eggs, and salt; beat the whole well, and put the pudding into a buttered pie-dish; bake for ¾ hour, and serve with sweet sauce, wine sauce, or stewed fruit. Baked in small cups, this makes very pretty little puddings, and should be eaten with the same accompaniments as above.

*Time.*—¾ hour. *Average cost,* 9d.

*Sufficient* for 5 or 6 persons. *Seasonable* at any time.

**BAKED BATTER PUDDING, with Dried or Fresh Fruit.**

1247. **INGREDIENTS.**—1-¼ pint of milk, 4 tablespoonfuls of flour, 3 eggs, 2 oz. of finely-shredded suet, ¼ lb. of currants, a pinch of salt.

**Mode.**—Mix the milk, flour, and eggs to a smooth batter; add a little salt, the suet, and the currants, which should be well washed, picked, and dried; put the mixture into a buttered pie-dish, and bake in a moderate oven for 1-¼ hour. When fresh fruits are in season, this pudding is exceedingly nice, with damsons, plums, red currants, gooseberries, or apples; when made with these, the pudding must be thickly sprinkled over with sifted sugar. Boiled batter pudding, with fruit, is made in the same manner, by putting the fruit into a buttered basin, and filling it up with batter made in the above proportion, but omitting the suet. It must be sent quickly to table, and covered plentifully with sifted sugar.

*Time.*—Baked batter pudding, with fruit, 1-¼ to 1-½ hour; boiled ditto, 1-½ to 1-¾ hour, allowing that both are made with the above proportion of batter. Smaller puddings will be done enough in ¾ or 1 hour.

*Average cost,* 10d.

*Sufficient* for 7 or 8 persons.

*Seasonable* at any time, with dried fruits.
BOILED BATTER PUDDING.

1248. INGREDIENTS.—3 eggs, 1 oz. of butter, 1 pint of milk, 3 tablespoonfuls of flour, a little salt.

Mode.—Put the flour into a basin, and add sufficient milk to moisten it; carefully rub down all the lumps with a spoon, then pour in the remainder of the milk, and stir in the butter, which should be previously melted; keep beating the mixture, add the eggs and a pinch of salt, and when the batter is quite smooth, put it into a well-buttered basin, tie it down very tightly, and put it into boiling water; move the basin about for a few minutes after it is put into the water, to prevent the flour settling in any part, and boil for 1-¼ hour. This pudding may also be boiled in a floured cloth that has been wetted in hot water; it will then take a few minutes less than when boiled in a basin. Send these puddings very quickly to table, and serve with sweet sauce, wine sauce, stewed fruit, or jam of any kind: when the latter is used, a little of it may be placed round the dish in small quantities, as a garnish.

Time.—1-¼ hour in a basin, 1 hour in a cloth. Average cost, 7d.

Sufficient for 5 or 6 persons. Seasonable at any time.

ORANGE BATTER PUDDING.

1249. INGREDIENTS.—4 eggs, 1 pint of milk, 1-¼ oz. of loaf sugar, 3 tablespoonfuls of flour.

Mode.—Make the batter with the above ingredients, put it into a well-buttered basin, tie it down with a cloth, and boil for 1 hour. As soon as it is turned out of the basin, put a small jar of orange marmalade all over the top, and send the pudding very quickly to table.

Time.—1 hour. Average cost, with the marmalade, 1s. 3d.

Sufficient for 5 or 6 persons.

Seasonable at any time; but more suitable for a winter pudding.

BAKED BREAD PUDDING.

1250. INGREDIENTS.—½ lb. of grated bread, 1 pint of milk, 4 eggs, 4 oz. of butter, 4 oz. of moist sugar, 2 oz. of candied peel, 6 bitter almonds, 1 tablespoonful of brandy.

Mode.—Put the milk into a stewpan, with the bitter almonds; let it infuse for ¼ hour; bring it to the boiling point; strain it on to the bread crumbs, and let these remain till cold; then add the eggs, which should be well whisked, the butter, sugar, and brandy, and beat the pudding well until all the ingredients are thoroughly mixed; line the bottom of a pie-dish with the candied peel sliced thin, put in the mixture, and bake for nearly ¾ hour.
Time.—Nearly ¾ hour. Average cost, 1s. 4d.

Sufficient for 5 or 6 persons.

Seasonable at any time.

Note.—A few currants may be substituted for the candied peel, and will be found an excellent addition to this pudding: they should be beaten in with the mixture, and not laid at the bottom of the pie-dish.

**VERY PLAIN BREAD PUDDING.**

1251. INGREDIENTS.—Odd pieces of crust or crumb of bread; to every quart allow ½ teaspoonful of salt, 1 teaspoonful of grated nutmeg, 3 oz. of moist sugar, ½ lb. of currants, 1-¼ oz. of butter.

Mode.—Break the bread into small pieces, and pour on them as much boiling water as will soak them well. Let these stand till the water is cool; then press it out, and mash the bread with a fork until it is quite free from lumps. Measure this pulp, and to every quart stir in salt, nutmeg, sugar, and currants in the above proportion; mix all well together, and put it into a well-buttered pie-dish. Smooth the surface with the back of a spoon, and place the butter in small pieces over the top; bake in a moderate oven for 1-½ hour, and serve very hot. Boiling milk substituted for the boiling water would very much improve this pudding.

Time.—1-½ hour. Average cost, 6d., exclusive of the bread.

Sufficient for 6 or 7 persons. Seasonable at any time.

**BOILED BREAD PUDDING.**

1252. INGREDIENTS.—1-½ pint of milk, ¾ pint of bread crumbs, sugar to taste, 4 eggs, 1 oz. of butter, 3 oz. of currants, ¼ teaspoonful of grated nutmeg.

Mode.—Make the milk boiling, and pour it on the bread crumbs; let these remain till cold; then add the other ingredients, taking care that the eggs are well beaten and the currants well washed, picked, and dried. Beat the pudding well, and put it into a buttered basin; tie it down tightly with a cloth, plunge it into boiling water, and boil for 1-¼ hour; turn it out of the basin, and serve with sifted sugar. Any odd pieces or scraps of bread answer for this pudding; but they should be soaked overnight, and, when wanted for use, should have the water well squeezed from them.

Time.—1-¼ hour. Average cost, 1s.

Sufficient for 6 or 7 persons. Seasonable at any time.

BREAD.—Bread contains, in its composition, in the form of vegetable albumen and vegetable fibrine, two of the chief constituents of flesh, and, in its incombustible constituents, the salts which are indispensable for sanguification, of the same quality and in the same proportion as flesh. But flesh contains, besides these, a number of substances which are entirely wanting in
vegetable food; and on these peculiar constituents of flesh depend certain effects, by which it is essentially distinguished from other articles of food.

**BROWN-BREAD PUDDING.**

1253. **INGREDIENTS.**—¾ lb. of brown-bread crumbs, ½ lb. of currants, ½ lb. of suet, ¼ lb. of moist sugar, 4 eggs, 2 tablespoonfuls of brandy, 2 tablespoonfuls of cream, grated nutmeg to taste.

**Mode.**—Grate ¾ lb. of crumbs from a stale brown loaf; add to these the currants and suet, and be particular that the latter is finely chopped. Put in the remaining ingredients; beat the pudding well for a few minutes; put it into a buttered basin or mould; tie it down tightly, and boil for nearly 4 hours. Send sweet sauce to table with it.

**Time.**—Nearly 4 hours. **Average cost**, 1s. 6d.

**Sufficient** for 6 or 7 persons.

**Seasonable** at any time; but more suitable for a winter pudding.

**MINIATURE BREAD PUDDINGS.**

1254. **INGREDIENTS.**—1 pint of milk, ½ lb. of bread crumbs, 4 eggs, 2 oz. of butter, sugar to taste, 2 tablespoonfuls of brandy, 1 teaspoonful of finely-minced lemon-peel.

**Mode.**—Make the milk boiling, pour it on to the bread crumbs, and let them soak for about ½ hour. Beat the eggs, mix these with the bread crumbs, add the remaining ingredients, and stir well until all is thoroughly mixed. Butter some small cups; rather more than half fill them with the mixture, and bake in a moderate oven from 20 minutes to ½ hour, and serve with sweet sauce. A few currants may be added to these puddings: about 3 oz. will be found sufficient for the above quantity.

**Time.**—20 minutes to ½ hour. **Average cost**, 10d.

**Sufficient** for 7 or 8 small puddings.

**Seasonable** at any time.

**BAKED BREAD-AND-BUTTER PUDDING.**

1255. **INGREDIENTS.**—9 thin slices of bread and butter, 1-½ pint of milk, 4 eggs, sugar to taste, ¼ lb. of currants, flavouring of vanilla, grated lemon-peel or nutmeg.

**Mode.**—Cut 9 slices of bread and butter not very thick, and put them into a pie-dish, with currants between each layer and on the top. Sweeten and flavour the milk, either by infusing a little lemon-peel in it, or by adding a few drops of essence of vanilla; well whisk the eggs, and stir these to the milk. **Strain** this over the bread and butter, and bake in a moderate oven for 1 hour, or rather longer. This pudding may be very much enriched by adding cream, candied peel, or more eggs than stated above. It
should not be turned out, but sent to table in the pie-dish, and is better for being made about 2 hours before it is baked.

*Time.*—1 hour, or rather longer. *Average cost,* 9d.

*Sufficient* for 6 or 7 persons.

*Seasonable* at any time.

**BUTTER.**—Butter is indispensable in almost all culinary preparations. Good fresh butter, used in moderation, is easily digested; it is softening, nutritious, and fattening, and is far more easily digested than any other of the oleaginous substances sometimes used in its place.

**CABINET or CHANCELLOR’S PUDDING.**

1256. **INGREDIENTS.**—1-½ oz. of candied peel, 4 oz. of currants, 4 dozen sultanas, a few slices of Savoy cake, sponge cake, a French roll, 4 eggs, 1 pint of milk, grated lemon-rind, ¼ nutmeg, 3 table-spoonfuls of sugar.

**Mode.**—Melt some butter to a paste, and with it, well grease the mould or basin in which the pudding is to be boiled, taking care that it is buttered in every part. Cut the peel into thin slices, and place these in a fanciful device at the bottom of the mould, and fill in the spaces between with currants and sultanas; then add a few slices of sponge cake or French roll; drop a few drops of melted butter on these, and between each layer sprinkle a few currants. Proceed in this manner until the mould is nearly full; then flavour the milk with nutmeg and grated lemon-rind; add the sugar, and stir to this the eggs, which should be well beaten. Beat this mixture for a few minutes; then strain it into the mould, which should be quite full; tie a piece of buttered paper over it, and let it stand for 2 hours; then tie it down with a cloth, put it into boiling water, and let it boil slowly for 1 hour. In taking it up, let it stand for a minute or two before the cloth is removed; then quickly turn it out of the mould or basin, and serve with sweet sauce separately. The flavouring of this pudding may be varied by substituting for the lemon-rind essence of vanilla or bitter almonds; and it may be made much richer by using cream; but this is not at all necessary.

*Time.*—1 hour. *Average cost,* 1s. 3d.

*Sufficient* for 5 or 6 persons. *Seasonable* at any time.

**A PLAIN CABINET or BOILED BREAD-AND-BUTTER PUDDING.**

1257. **INGREDIENTS.**—2 oz. of raisins, a few thin slices of bread and butter, 3 eggs, 1 pint of milk, sugar to taste, ¼ nutmeg.

**Mode.**—Butter a pudding-basin, and line the inside with a layer of raisins that have been previously stoned; then nearly fill the basin with slices of bread and butter with the crust cut off, and, in another basin, beat the eggs; add to them the milk, sugar, and grated nutmeg; mix all well together, and pour the whole on to the bread and butter;
let it stand ½ hour, then tie a floured cloth over it; boil for 1 hour, and serve with sweet sauce. Care must be taken that the basin is quite full before the cloth is tied over.

*Time.*—1 hour. *Average cost,* 9d.

*Sufficient* for 5 or 6 persons. *Seasonable* at any time.

**CANARY PUDDING.**

1258. **INGREDIENTS.**—The weight of 3 eggs in sugar and butter, the weight of 2 eggs in flour, the rind of 1 small lemon, 3 eggs.

*Mode.*—Melt the butter to a liquid state, but do not allow it to oil; stir to this the sugar and finely-minced lemon-peel, and gradually dredge in the flour, keeping the mixture well stirred; whisk the eggs; add these to the pudding; beat all the ingredients until thoroughly blended, and put them into a buttered mould or basin; boil for 2 hours, and serve with sweet sauce.

*Time.*—2 hours. *Average cost,* 9d.

*Sufficient* for 4 or 5 persons. *Seasonable* at any time.

**BAKED OR BOILED CARROT PUDDING.**

1259. **INGREDIENTS.**—½ lb. of bread crumbs, 4 oz. of suet, ¼ lb. of stoned raisins, ¾ lb. of carrot, ¼ lb. of currants, 3 oz. of sugar, 3 eggs, milk, ¼ nutmeg.

*Mode.*—Boil the carrots until tender enough to mash to a pulp; add the remaining ingredients, and moisten with sufficient milk to make the pudding of the consistency of thick batter. If to be boiled, put the mixture into a buttered basin, tie it down with a cloth, and boil for 2½ hours: if to be baked, put it into a pie-dish, and bake for nearly an hour; turn it out of the dish, strew sifted sugar over it, and serve.

*Time.*—2½ hours to boil; 1 hour to bake. *Average cost,* 1s. 2d.

*Sufficient* for 5 or 6 persons.

*Seasonable* from September to March.

CARROTS, says Liebig, contain the same kind of sugar as the juice of the sugar-cane.

**ROYAL COBURG PUDDING.**

1260. **INGREDIENTS.**—1 pint of new milk, 6 oz. of flour, 6 oz. of sugar, 6 oz. of butter, 6 oz. of currants, 6 eggs, brandy and grated nutmeg to taste.

*Mode.*—Mix the flour to a smooth batter with the milk, add the remaining ingredients gradually, and when well mixed, put it into four basins or moulds half full; bake for ¾ hour, turn the puddings out on a dish, and serve with wine sauce.
Time.—¾ hour. Average cost, 1s. 9d.

Sufficient for 7 or 8 persons. Seasonable at any time.

CHERRY TART.

1261. INGREDIENTS.—1½ lb. of cherries, 2 small tablespoonfuls of moist sugar, ½ lb. of short crust, No. 1210 or 1211.

Mode.—Pick the stalks from the cherries, put them, with the sugar, into a deep pie-dish just capable of holding them, with a small cup placed upside down in the midst of them. Make a short crust with ½ lb. of flour, by either of the recipes 1210 or 1211; lay a border round the edge of the dish; put on the cover, and ornament the edges; bake in a brisk oven from ½ hour to 40 minutes; strew finely-sifted sugar over, and serve hot or cold, although the latter is the more usual mode. It is more economical to make two or three tarts at one time, as the trimmings from one tart answer for lining the edges of the dish for another, and so much paste is not required as when they are made singly. Unless for family use, never make fruit pies in very large dishes; select them, however, as deep as possible.

Time.—½ hour to 40 minutes.

Average cost, in full season, 8d.

Sufficient for 5 or 6 persons.

Seasonable in June, July, and August.

Note.—A few currants added to the cherries will be found to impart a nice piquant taste to them.

CHERRIES.—According to Lucullus, the cherry-tree was known in Asia in the year of Rome 680. Seventy different species of cherries, wild and cultivated, exist, which are distinguishable from each other by the difference of their form, size, and colour. The French distil from cherries a liqueur named kirsch-waser (eau de cérises); the Italians prepare, from a cherry called marusca, the liqueur named marasquin, sweeter and more agreeable than the former. The most wholesome cherries have a tender and delicate skin; those with a hard skin should be very carefully masticated. Sweetmeats, syrups, tarts, entremets, &c., of cherries, are universally approved.

COLD PUDDING.

1262. INGREDIENTS.—4 eggs, 1 pint of milk, sugar to taste, a little grated lemon-rind, 2 oz. of raisins, 4 tablespoonfuls of marmalade, a few slices of sponge cake.

Mode.—Sweeten the milk with lump sugar, add a little grated lemon-rind, and stir to this the eggs, which should be well whisked; line a buttered mould with the raisins, stoned and cut in half; spread the slices of cake with the marmalade, and place them in
the mould; then pour in the custard, tie the pudding down with paper and a cloth, and boil gently for 1 hour: when cold, turn it out, and serve.

*Time.*—1 hour. *Average cost*, 1s. 1d.

*Sufficient* for 5 or 6 persons.

*Seasonable* at any time.

**COLLEGE PUDDINGS.**

1263. *INGREDIENTS.*—1 pint of bread crumbs, 6 oz. of finely-chopped suet, ¼ lb. of currants, a few thin slices of candied peel, 3 oz. of sugar, ¼ nutmeg, 3 eggs, 4 tablespoonfuls of brandy.

*Mode.*—Put the bread crumbs into a basin; add the suet, currants, candied peel, sugar, and nutmeg, grated, and stir these ingredients until they are thoroughly mixed. Beat up the eggs, moisten the pudding with these, and put in the brandy; beat well for a few minutes, then form the mixture into round balls or egg-shaped pieces; fry these in hot butter or lard, letting them stew in it until thoroughly done, and turn them two or three times, till of a fine light brown; drain them on a piece of blotting-paper before the fire; dish, and serve with wine sauce.

*Time.*—15 to 20 minutes. *Average cost*, 1s.

*Sufficient* for 7 or 8 puddings. *Seasonable* at any time.

**CURRANT DUMPLINGS.**

1264. *INGREDIENTS.*—1 lb. of flour, 6 oz. of suet, ½ lb. of currants, rather more than ½ pint of water.

*Mode.*—Chop the suet finely, mix it with the flour, and add the currants, which should be nicely washed, picked, and dried; mix the whole to a limp paste with the water (if wanted very nice, use milk); divide it into 7 or 8 dumplings; tie them in cloths, and boil for 1-¼ hour. They may be boiled without a cloth: they should then be made into round balls, and dropped into boiling water, and should be moved about at first, to prevent them from sticking to the bottom of the saucepan. Serve with a cut lemon, cold butter, and sifted sugar.

*Time.*—In a cloth, 1-¼ hour; without, ¾ hour.

*Average cost*, 9 d.

*Sufficient* for 6 or 7 persons.

*Seasonable* at any time.

*ZANTE CURRANTS.*—The dried fruit which goes by the name of currants in grocers' shops is not a currant really, but a
small kind of grape, chiefly cultivated in the Morea and the Ionian Islands, Corfu, Zante, &c. Those of Zante are cultivated in an immense plain, under the shelter of mountains, on the shore of the island, where the sun has great power, and brings them to maturity. When gathered and dried by the sun and air, on mats, they are conveyed to magazines, heaped together, and left to cake, until ready for shipping. They are then dug out by iron crowbars, trodden into casks, and exported. The fertile vale of “Zante the woody” produces about 9,000,000 lbs. of currants annually. In cakes and puddings this delicious little grape is most extensively used; in fact, we could not make a plum pudding without the currant.

**BOILED CURRANT PUDDING.**
*(Plain and Economical.)*

1265. INGREDIENTS.—1 lb. of flour, ½ lb. of suet, ½ lb. of currants, milk.

*Mode.*—Wash the currants, dry them thoroughly, and pick away any stalks or grit; chop the suet finely; mix all the ingredients together, and moisten with sufficient milk to make the pudding into a stiff batter; tie it up in a floured cloth, put it into boiling water, and boil for 3½ hours; serve with a cut lemon, cold butter, and sifted sugar.

*Time.*—3½ hours. *Average cost,* 10d.

*Sufficient for 7 or 8 persons. Seasonable* at any time.

**BLACK or RED CURRANT PUDDING.**

1266. INGREDIENTS.—1 quart of red or black currants, measured with the stalks, ¼ lb. of moist sugar, suet crust No. 1215, or butter crust No. 1213.

*Mode.*—Make, with ¾ lb. of flour, either a suet crust or butter crust (the former is usually made); butter a basin, and line it with part of the crust; put in the currants, which should be stripped from the stalks, and sprinkle the sugar over them; put the cover of the pudding on; make the edges very secure, that the juice does not escape; tie it down with a floured cloth, put it into boiling water, and boil from 2½ to 3 hours. Boiled without a basin, allow ½ hour less. We have allowed rather a large proportion of sugar; but we find fruit puddings are so much more juicy and palatable when well sweetened before they are boiled, besides being more economical. A few raspberries added to red-currant pudding are a very nice addition: about ½ pint would be sufficient for the above quantity of fruit. Fruit puddings are very delicious if, when they are turned out of the basin, the crust is browned with a salamander, or put into a very hot oven for a few minutes to colour it: this makes it crisp on the surface.

*Time.*—2½ to 3 hours; without a basin, 2 to 2½ hours.

*Average cost,* in full season, 8d.

*Sufficient for 6 or 7 persons.

*Seasonable* in June, July, and August.

CURRANTS.—The utility of currants, red, black, or white, has long been established in domestic economy. The juice of
the red species, if boiled with an equal weight of loaf sugar, forms an agreeable substance called currant jelly, much employed in sauces, and very valuable in the cure of sore throats and colds. The French mix it with sugar and water, and thus form an agreeable beverage. The juice of currants is a valuable remedy in obstructions of the bowels; and, in febrile complaints, it is useful on account of its readily quenching thirst, and for its cooling effect on the stomach. White and flesh-coloured currants have, with the exception of the fullness of flavour, in every respect, the same qualities as the red species. Both white and red currants are pleasant additions to the dessert, but the black variety is mostly used for culinary and medicinal purposes, especially in the form of jelly for quinsies. The leaves of the black currant make a pleasant tea.

**RED-CURRANT AND RASPBERRY TART.**

1267. **INGREDIENTS.**—1½ pint of picked currants, ½ pint of raspberries, 3 heaped tablespoonfuls of moist sugar, ½ lb. of short crust.

*Mode.*—Strip the currants from the stalks, and put them into a deep pie-dish, with a small cup placed in the midst, bottom upwards; add the raspberries and sugar; place a border of paste round the edge of the dish, cover with crust, ornament the edges, and bake from ½ to ¾ hour: strew some sifted sugar over before being sent to table. This tart is more generally served cold than hot.

*Time.*—½ to ¾ hour.

*Average cost.*

*Sufficient* for 5 or 6 persons.

*Seasonable* in June, July, and August.

RASPBERRIES.—There are two sorts of raspberries, the red and the white. Both the scent and flavour of this fruit are very refreshing, and the berry itself is exceedingly wholesome, and invaluable to people of a nervous or bilious temperament. We are not aware, however, of its being cultivated with the same amount of care which is bestowed upon some other of the berry tribe, although it is far from improbable that a more careful cultivation would not be repaid by a considerable improvement in the size and flavour of the berry; neither, as an eating fruit, is it so universally esteemed as the strawberry, with whose lusciousness and peculiarly agreeable flavour it can bear no comparison. In Scotland, it is found in large quantities, growing wild, and is eagerly sought after, in the woods, by children. Its juice is rich and abundant, and to many, extremely agreeable.

**BAKED CUSTARD PUDDING.**

1268. **INGREDIENTS.**—1½ pint of milk, the rind of ¼ lemon, ¼ lb. of moist sugar, 4 eggs.

*Mode.*—Put the milk into a saucepan with the sugar and lemon-rind, and let this infuse for about 4 hour, or until the milk is well flavoured; whisk the eggs, yolks and whites; pour the milk to them, stirring all the while; then have ready a pie-dish, lined at the edge with paste ready baked; strain the custard into the dish, grate a little
nutmeg over the top, and bake in a very slow oven for about ½ hour, or rather longer. The flavour of this pudding may be varied by substituting bitter almonds for the lemon-rind; and it may be very much enriched by using half cream and half milk, and doubling the quantity of eggs.

*Time.*—½ to ¾ hour.

*Average cost,* 9d.

*Sufficient* for 5 or 6 persons.

*Seasonable* at any time.

*Note.*—This pudding is usually served cold with fruit tarts.

**BOILED CUSTARD PUDDING.**

1269. **INGREDIENTS.**—1 pint of milk, 1 tablespoonful of flour, 4 eggs, flavouring to taste.

*Mode.*—Flavour the milk by infusing in it a little lemon-rind or cinnamon; whisk the eggs, stir the flour gradually to these, and pour over them the milk, and stir the mixture well. Butter a basin that will exactly hold it; put in the custard, and tie a floured cloth over; plunge it into boiling water, and turn it about for a few minutes, to prevent the flour from settling in one part. Boil it slowly for ½ hour; turn it out of the basin, and serve. The pudding may be garnished with red-currant jelly, and sweet sauce may be sent to table with it.

*Time.*—½ hour. *Average cost,* 7d.

*Sufficient* for 5 or 6 persons. *Seasonable* at any time.

**DAMSON TART.**

1270. **INGREDIENTS.**—1-¼ pint of damsons, ¼ lb. of moist sugar, ½ lb. of short or puff crust.

*Mode.*—Put the damsons, with the sugar between them, into a deep pie-dish, in the midst of which, place a small cup or jar turned upside down; pile the fruit high in the middle, line the edges of the dish with short or puff crust, whichever may be preferred; put on the cover, ornament the edges, and bake from ½ to ¾ hour in a good oven. If puff-crust is used, about 10 minutes before the pie is done, take it out of the oven, brush it over with the white of an egg beaten to a froth with the blade of a knife; strew some sifted sugar over, and a few drops of water, and put the tart back to finish baking; with short crust, a little plain sifted sugar, sprinkled over, is all that will be required.

*Time.*—½ to ¾ hour.

*Average cost,* 10d.
Sufficient for 5 or 6 persons.

Seasonable in September and October.

DAMSONS.—Whether for jam, jelly, pie, pudding, water, ice, wine, dried fruit or preserved, the damson, or damascene (for it was originally brought from Damascus, whence its name), is invaluable. It combines sugary and acid qualities in happy proportions, when full ripe. It is a fruit easily cultivated; and, if budded nine inches from the ground on vigorous stocks, it will grow several feet high in the first year, and make fine standards the year following. Amongst the list of the best sorts of baking plums, the damson stands first, not only on account of the abundance of its juice, but also on account of its soon softening. Because of the roughness of its flavour, it requires a large quantity of sugar.

DAMSON PUDDING.

1271. INGREDIENTS.—1-½ pint of damsons, ¼ lb. of moist sugar, ¾ lb. of suet or butter crust.

Mode.—Make a suet crust with ¾ lb. of flour by recipe No. 1215; line a buttered pudding-basin with a portion of it; fill the basin with the damsons, sweeten them, and put on the lid; pinch the edges of the crust together, that the juice does not escape; tie over a floured cloth, put the pudding into boiling water, and boil from 2-½ to 3 hours.

Time.—2-½ to 3 hours.

Average cost, 8d.

Sufficient for 6 or 7 persons.

Seasonable in September and October.

DELHI PUDDING.

1272. INGREDIENTS.—4 large apples, a little grated nutmeg, 1 teaspoonful of minced lemon-peel, 2 large tablespoonfuls of sugar, 6 oz. of currants, ¾ lb. of suet crust No. 1215.

Mode.—Pare, core, and cut the apples into slices; put them into a saucepan, with the nutmeg, lemon-peel, and sugar; stir them over the fire until soft; then have ready the above proportion of crust, roll it out thin, spread the apples over the paste, sprinkle over the currants, roll the pudding up, closing the ends properly, tie it in a floured cloth, and boil for 2 hours.

Time.—2 hours.

Average cost, 1s.

Sufficient for 5 or 6 persons.
EMPRESS PUDDING.

1273. INGREDIENTS.—½ lb. of rice, 2 oz. of butter, 3 eggs, jam, sufficient milk to soften the rice.

Mode.—Boil the rice in the milk until very soft; then add the butter boil it for a few minutes after the latter ingredient is put in, and set it by to cool. Well beat the eggs, stir these in, and line a dish with puff-paste; put over this a layer of rice, then a thin layer of any kind of jam, then another layer of rice, and proceed in this manner until the dish is full; and bake in a moderate oven for ¾ hour. This pudding may be eaten hot or cold; if the latter, it will be much improved by having a boiled custard poured over it.

Time.—¾ hour.

Average cost, 1s.

Sufficient for 6 or 7 persons.

Seasonable at any time.

EXETER PUDDING.

(Very rich.)

1274. INGREDIENTS.—10 oz. of bread crumbs, 4 oz. of sago, 7 oz. of finely-chopped suet, 6 oz. of moist sugar, the rind of ½ lemon, ¼ pint of rum, 7 eggs, 4 tablespoonfuls of cream, 4 small sponge cakes, 2 oz. of ratafias, ½ lb. of jam.

Mode.—Put the bread crumbs into a basin with the sago, suet, sugar, minced lemon-peel, rum, and 4 eggs; stir these ingredients well together, then add 3 more eggs and the cream, and let the mixture be well beaten. Then butter a mould, strew in a few bread crumbs, and cover the bottom with a layer of ratafias; then put in a layer of the mixture, then a layer of sliced sponge cake spread thickly with any kind of jam; then add some ratafias, then some of the mixture and sponge cake, and so on until the mould is full, taking care that a layer of the mixture is on the top of the pudding. Bake in a good oven from ¾ to 1 hour, and serve with the following sauce:—Put 3 tablespoonfuls of black-currant jelly into a stewpan, add 2 glasses of sherry, and, when warm, turn the pudding out of the mould, pour the sauce over it, and serve hot.

Time.—From 1 to 1½ hour. Average cost, 2s. 6d.

Sufficient for 7 or 8 persons. Seasonable at any time.
MRS. ISABELLA BEETON

FIG PUDDING.

I.

1275. INGREDIENTS.—2 lbs. of figs, 1 lb. of suet, ½ lb. of flour, ½ lb. of bread crumbs, 2 eggs, milk.

Mode.—Cut the figs into small pieces, grate the bread finely, and chop the suet very small; mix these well together, add the flour, the eggs, which should be well beaten, and sufficient milk to form the whole into a stiff paste; butter a mould or basin, press the pudding into it very closely, tie it down with a cloth, and boil for 3 hours, or rather longer; turn it out of the mould, and serve with melted butter, wine-sauce, or cream.

Time.—3 hours, or longer. Average cost, 2s.

Sufficient for 7 or 8 persons.

Seasonable.—Suitable for a winter pudding.

II.

(Staffordshire Recipe.)

1276. INGREDIENTS.—1 lb. of figs, 6 oz. of suet, ¾ lb. of flour, milk.

Mode.—Chop the suet finely, mix with it the flour, and make these into a smooth paste with milk; roll it out to the thickness of about ½ inch, cut the figs in small pieces, and strew them over the paste; roll it up, make the ends secure, tie the pudding in a cloth, and boil it from 1½ to 2 hours.

Time.—1½ to 2 hours. Average cost, 1s. 1d.

Sufficient for 5 or 6 persons. Seasonable at any time.

FOLKESTONE PUDDING-PIES.

1277. INGREDIENTS.—1 pint of milk, 3 oz. of ground rice, 3 oz. of butter, ¼ lb. of sugar, flavouring of lemon-peel or bay-leaf, 6 eggs, puff-paste, currants.

Mode.—Infuse 2 laurel or bay leaves, or the rind of ½ lemon, in the milk, and when it is well flavoured, strain it, and add the rice; boil these for ¼ hour, stirring all the time; then take them off the fire, stir in the butter, sugar, and eggs, and let these latter be well beaten before they are added to the other ingredients; when nearly cold, line some patty-pans with puff-paste, fill with the custard, strew over each a few currants, and bake from 20 to 25 minutes in a moderate oven.

Time.—20 to 25 minutes. Average cost, 1s. 1d.

Sufficient to fill a dozen patty-pans.

Seasonable at any time.
FRUIT TURNOVERS
(suitable for Pic-Nics).

1278. INGREDIENTS.—Puff-paste No. 1206, any kind of fruit, sugar to taste.

Mode.—Make some puff-paste by recipe No. 1206; roll it out to the thickness of about ¼ inch, and cut it out in pieces of a circular form; pile the fruit on half of the paste, sprinkle over some sugar, wet the edges and turn the paste over. Press the edges together, ornament them, and brush the turnovers over with the white of an egg; sprinkle over sifted sugar, and bake on tins, in a brisk oven, for about 20 minutes. Instead of putting the fruit in raw, it may be boiled down with a little sugar first, and then inclosed in the crust; or jam, of any kind, may be substituted for fresh fruit.

-Time.—20 minutes.

Sufficient—½ lb. of puff-paste will make a dozen turnovers.

Seasonable at any time.

GERMAN PUDDING.

1279. INGREDIENTS.—2 teaspoonfuls of flour, 1 teaspoonful of arrowroot, 1 pint of milk, 2 oz. of butter, sugar to taste, the rind of ½ lemon, 4 eggs, 3 tablespoonfuls of brandy.

Mode.—Boil the milk with the lemon-rind until well flavoured; then strain it, and mix with it the flour, arrowroot, butter, and sugar. Boil these ingredients for a few minutes, keeping them well stirred; then take them off the fire and mix with them the eggs, yolks and whites, beaten separately and added separately. Boil some sugar to candy; line a mould with this, put in the brandy, then the mixture; tie down with a cloth, and boil for rather more than 1 hour. When turned out, the brandy and sugar make a nice sauce.

-Time.—Rather more than 1 hour. Average cost, 1s.

Sufficient for 4 or 5 persons. Seasonable at any time.

DAMPFNUDELN, or GERMAN PUDDINGS.

1280. INGREDIENTS.—1 lb. of flour, ¼ lb. of butter, 5 eggs, 2 small tablespoonfuls of yeast, 2 tablespoonfuls of finely-pounded sugar, milk, a very little salt.

Mode.—Put the flour into a basin, make a hole in the centre, into which put the yeast, and rather more than ¼ pint of warm milk; make this into a batter with the middle of the flour, and let the sponge rise in a warm temperature. When sufficiently risen, mix the eggs, butter, sugar, and salt with a little more warm milk, and knead the whole well together with the hands, beating the dough until it is perfectly smooth, and it drops from the fingers. Then cover the basin with a cloth, put it in a warm place, and when the dough has nicely risen, knead it into small balls; butter the bottom of a deep sauté-pan, strew over some pounded sugar, and let the dampfnudeln be laid in, but do
not let them touch one another; then pour over sufficient milk to cover them, put on
the lid, and let them rise to twice their original size by the side of the fire. Now place
them in the oven for a few minutes, to acquire a nice brown colour, and serve them on
a napkin, with custard sauce flavoured with vanilla, or a *compôte* of any fruit that may
be preferred.

*Time.*—½ to ¾ hour for the sponge to rise; 10 to 15 minutes for the puddings to rise;
10 minutes to bake them in a brisk oven.

*Sufficient* for 10 or 12 dampfnudeln.

*Seasonable* at any time.

**GINGER PUDDING.**

1281. **INGREDIENTS.**—½ lb. of flour, ¼ lb. of suet, ¼ lb. of moist sugar, 2 large
tea-spoonfuls of grated ginger.

*Mode.*—Shred the suet very fine, mix it with the flour, sugar, and ginger; stir all well
together; butter a basin, and put the mixture in *dry*; tie a cloth over, and boil for 3
hours.

*Time.*—3 hours. *Average cost*, 6d.

*Sufficient* for 5 or 6 persons. *Seasonable* at any time.

**GOLDEN PUDDING.**

1282. **INGREDIENTS.**—¼ lb. of bread crumbs, ¼ lb. of suet, ¼ lb. of marmalade, ¼
lb. of sugar, 4 eggs.

*Mode.*—Put the bread crumbs into a basin; mix with them the suet, which should be
finely minced, the marmalade, and the sugar; stir all these ingredients well together,
beat the eggs to a froth, moisten the pudding with these, and when well mixed, put it
into a mould or buttered basin; tie down with a floured cloth, and boil for 2 hours.
When turned out, strew a little fine-sifted sugar over the top, and serve.

*Time.*—2 hours. *Average cost*, 11d.

*Sufficient* for 5 or 6 persons. *Seasonable* at any time.

*Note.*—The mould may be ornamented with stoned raisins, arranged in any fanciful
pattern, before the mixture is poured in, which would add very much to the
appearance of the pudding. For a plainer pudding, double the quantities of the bread
crumbs, and if the eggs do not moisten it sufficiently, use a little milk.

**BAKED GOOSEBERRY PUDDING.**

1283. **INGREDIENTS.**—Gooseberries, 3 eggs, 1½ oz. of butter, ½ pint of bread
crumbs, sugar to taste.
Mode.—Put the gooseberries into a jar, previously cutting off the tops and tails; place this jar in boiling water, and let it boil until the gooseberries are soft enough to pulp; then beat them through a coarse sieve, and to every pint of pulp add 3 well-whisked eggs, 1½ oz. of butter, ½ pint of bread crumbs, and sugar to taste; beat the mixture well, put a border of puff-paste round the edge of a pie-dish, put in the pudding, bake for about 40 minutes, strew sifted sugar over, and serve.

Time.—About 40 minutes. Average cost, 10d.

Sufficient for 4 or 5 persons. Seasonable from May to July.

BOILED GOOSEBERRY PUDDING.

1284. INGREDIENTS.—¾ lb. of suet crust No. 1215, 1½ pint of green gooseberries, ¼ lb. of moist sugar.

Mode.—Line a pudding-basin with suet crust no. 1215, rolled out to about ½ inch in thickness, and, with a pair of scissors, cut off the tops and tails of the gooseberries; fill the basin with the fruit, put in the sugar, and cover with crust. Pinch the edges of the pudding together, tie over it a floured cloth, put it into boiling water, and boil from 2½ to 3 hours; turn it out of the basin, and serve with a jug of cream.

Time.—2½ to 3 hours. Average cost, 10d.

Sufficient for 6 or 7 persons. Seasonable from May to July.

GOOSEBERRY TART.

1285. INGREDIENTS.—1½ pint of gooseberries, ½ lb. of short crust No. 1211, ¼ lb. of moist sugar.

Mode.—With a pair of scissors cut off the tops and tails of the gooseberries; put them into a deep pie-dish, pile the fruit high in the centre, and put in the sugar; line the edge of the dish with short crust, put on the cover, and ornament the edges of the tart; bake in a good oven for about ¾ hour, and before being sent to table, strew over it some fine-sifted sugar. A jug of cream, or a dish of boiled or baked custards, should always accompany this dish.

Time.—¾ hour.

Average cost, 9d.

Sufficient for 5 or 6 persons.

Seasonable from May to July.
GOOSEBERRIES.—The red and the white are the two principal varieties of gooseberries. The red are rather the more acid; but, when covered with white sugar, are most wholesome, because the sugar neutralizes their acidity. Red gooseberries make an excellent jelly, which is light and refreshing, but not very nourishing. It is good for bilious and plethoric persons, and to invalids generally who need light and digestible food. It is a fruit from which many dishes might be made. All sorts of gooseberries are agreeable when stewed, and, in this country especially, there is no fruit so universally in favour. In Scotland, there is scarcely a cottage-garden without its gooseberry-bush. Several of the species are cultivated with the nicest care.

HALF-PAY PUDDING.

1286. INGREDIENTS.—¼ lb. of suet, ¼ lb. of currants, ¼ lb. of raisins, ¼ lb. of flour, ¼ lb. of bread crumbs, 2 tablespoonfuls of treacle, ½ pint of milk.

Mode.—Chop the suet finely; mix with it the currants, which should be nicely washed and dried, the raisins, which should be stoned, the flour, bread crumbs, and treacle; moisten with the milk, beat up the ingredients until all are thoroughly mixed, put them into a buttered basin, and boil the pudding for 3½ hours.

Time.—3½ hours.

Average cost, 8d.

Sufficient for 5 or 6 persons.

Seasonable at any time.

HERODOTUS PUDDING.

1287. INGREDIENTS.—½ lb. of bread crumbs, ½ lb. of good figs, 6 oz. of suet, 6 oz. of moist sugar, ½ saltspoonful of salt, 3 eggs, nutmeg to taste.

Mode.—Mince the suet and figs very finely; add the remaining ingredients, taking care that the eggs are well whisked; beat the mixture for a few minutes, put it into a buttered mould, tie it down with a floured cloth, and boil the pudding for 5 hours. Serve with wine sauce.

Time.—5 hours.

Average cost, 10d.

Sufficient for 5 or 6 persons.

Seasonable at any time.

HUNTER'S PUDDING.

1288. INGREDIENTS.—1 lb. of raisins, 1 lb. of currants, 1 lb. of suet, 1 lb. of bread crumbs, 3 lb. of moist sugar, 8 eggs, 1 tablespoonful of flour, 3 lb. of mixed candied peel, 1 glass of brandy, 10 drops of essence of lemon, 10 drops of essence of almonds, ½ nutmeg, 2 blades of mace, 6 cloves.
Mode.—Stone and shred the raisins rather small, chop the suet finely, and rub the bread until all lumps are well broken; pound the spice to powder, cut the candied peel into thin shreds, and mix all these ingredients well together, adding the sugar. Beat the eggs to a strong froth, and as they are beaten, drop into them the essence of lemon and essence of almonds; stir these to the dry ingredients, mix well, and add the brandy. Tie the pudding firmly in a cloth, and boil it for 6 hours at the least: 7 or 8 hours would be still better for it. Serve with boiled custard, or red-currant jelly, or brandy sauce.

Time.—6 to 8 hours.

Average cost, 3s. 6d.

Sufficient for 9 or 10 persons.

Seasonable in winter.

ICED PUDDING.

(Parisian Recipe.)

1289. INGREDIENTS.—½ lb. of sweet almonds, 2 oz. of bitter ones, ¾ lb. of sugar, 8 eggs, 1-½ pint of milk.

Mode.—Blanch and dry the almonds thoroughly in a cloth, then pound them in a mortar until reduced to a smooth paste; add to these the well-beaten eggs, the sugar, and milk; stir these ingredients over the fire until they thicken, but do not allow them to boil; then strain and put the mixture into the freezing-pot; surround it with ice, and freeze it as directed in recipe 1290. When quite frozen, fill an iced-pudding mould, put on the lid, and keep the pudding in ice until required for table; then turn it out on the dish, and garnish it with a compôte of any fruit that may be preferred, pouring a little over the top of the pudding. This pudding may be flavoured with vanilla, Curaçoa, or Maraschino.

Time.—½ hour to freeze the mixture.

Seasonable.—Served all the year round.
ICED APPLE PUDDING.
(French Recipe, after Carême.)

1290. INGREDIENTS.—2 dozen apples, a small pot of apricot-jam, ½ lb. of sugar, 1 Seville orange, ¼ pint of preserved cherries, ¼ lb. of raisins, 1 oz. of citron, 2 oz. of almonds, 1 gill of Curaçoa, 1 gill of Maraschino, 1 pint of cream.

Mode.—Peel, core, and cut the apples into quarters, and simmer them over the fire until soft; then mix with them the apricot-jam and the sugar, on which the rind of the orange should be previously rubbed; work all these ingredients through a sieve, and put them into the freezing-pot. Stone the raisins, and simmer them in a little syrup for a few minutes; add these, with the sliced citron, the almonds cut in dice, and the cherries drained from their syrup, to the ingredients in the freezing-pot; put in the Curaçoa and Maraschino, and freeze again; add as much whipped cream as will be required, freeze again, and fill the mould. Put the lid on, and plunge the mould into the ice-pot; cover it with a wet cloth and pounded ice and saltpetre, where it should remain until wanted for table. Turn the pudding out of the mould on to a clean and neatly-folded napkin, and serve, as sauce, a little iced whipped cream, in a sauce-tureen or glass dish.

Time.—½ hour to freeze the mixture.
Seasonable from August to March.

Method of working the freezing Apparatus.—Put into the outer pail some pounded ice, upon which strew some saltpetre; then fix the pewter freezing-pot upon this, and surround it entirely with ice and saltpetre. Wipe the cover and edges of the pot, pour in the preparation, and close the lid; a quarter of an hour after, begin turning the freezing-pan from right to left, and when the mixture begins to be firm round the sides of the pot, stir it about with the slice or spattle, that the preparation may be equally congealed. Close the lid again, keep working from right to left, and, from time to time, remove the mixture from the sides, that it may be smooth; and when perfectly frozen, it is ready to put in the mould; the mould should then be placed in the ice again, where it should remain until wanted for table.

ROLY-POLY JAM PUDDING.

1291. INGREDIENTS.—¾ lb of suet-crust No. 1215, ¾ lb. of any kind of jam.

Mode.—Make a nice light suet-crust by recipe No. 1215, and roll it out to the thickness of about ½ inch. Spread the jam equally over it, leaving a small margin of paste without any, where the pudding joins. Roll it up, fasten the ends securely, and tie it in a floured cloth; put the pudding into boiling water, and boil for 2 hours. Mincemeat or marmalade may be substituted for the jam, and makes excellent puddings.

Time.—2 hours.
Average cost, 9d.

Sufficient for 5 or 6 persons.

Seasonable.—Suitable for winter puddings, when fresh fruit is not obtainable.

LEMON CHEESECAKES.

1292. INGREDIENTS.—¼ lb. of butter, 1 lb. of loaf sugar, 6 eggs, the rind of 2 lemons and the juice of 3.

Mode.—Put all the ingredients into a stewpan, carefully grating the lemon-rind and straining the juice. Keep stirring the mixture over the fire until the sugar is dissolved, and it begins to thicken: when of the consistency of honey, it is done; then put it into small jars, and keep in a dry place. This mixture will remain good 3 or 4 months. When made into cheesecakes, add a few pounded almonds, or candied peel, or grated sweet biscuit; line some patty-pans with good puff-paste, rather more than half fill them with the mixture, and bake for about ¼ hour in a good brisk oven.

Time.—¼ hour.

Average cost, 1s. 4d.

Sufficient for 24 cheesecakes.

Seasonable at any time.

LEMON MINCEMEAT.

1293. INGREDIENTS.—2 large lemons, 6 large apples, ½ lb. of suet, 1 lb. of currants, ½ lb. of sugar, 2 oz. of candied lemon-peel, 1 oz. of citron, mixed spice to taste.

Mode.—Pare the lemons, squeeze them, and boil the peel until tender enough to mash. Add to the mashed lemon-peel the apples, which should be pared, cored, and minced; the chopped suet, currants, sugar, sliced peel, and spice. Strain the lemon-juice to these ingredients, stir the mixture well, and put it in a jar with a closely-fitting lid. Stir occasionally, and in a week or 10 days the mincemeat will be ready for use.

Average cost, 2s.

Sufficient for 18 large or 24 small pies.

Seasonable.—Make this about the beginning of December.

LEMON DUMPLINGS.

1294. INGREDIENTS.—½ lb. of grated bread, ¼ lb. of chopped suet, ¼ lb. of moist sugar, 2 eggs, 1 large lemon.
Mode.—Mix the bread, suet, and moist sugar well together, adding the lemon-peel, which should be very finely minced. Moisten with the eggs and strained lemon-juice; stir well, and put the mixture into small buttered cups. Tie them down and boil for ¾ hour. Turn them out on a dish, strew sifted sugar over them, and serve with wine sauce.

Time.—¾ hour.

Average cost, 7d.

Sufficient for 6 dumplings.

Seasonable at any time.

BAKED LEMON PUDDING.

I.

1295. INGREDIENTS.—The yolks of 4 eggs, 4 oz. of pounded sugar, 1 lemon, ¼ lb. of butter, puff-crust.

Mode.—Beat the eggs to a froth; mix with them the sugar and warmed butter; stir these ingredients well together, putting in the grated rind and strained juice of the lemon-peel. Line a shallow dish with puff-paste; put in the mixture, and bake in a moderate oven for 40 minutes; turn the pudding out of the dish, strew over it sifted sugar, and serve.

Time.—40 minutes.

Average cost, 10d.

Sufficient for 5 or 6 persons.

Seasonable at any time.

II.

1296. INGREDIENTS.—10 oz. of bread crumbs, 2 pints of milk, 2 oz. of butter, 1 lemon, ¼ lb. of pounded sugar, 4 eggs, 1 tablespoonful of brandy.

Mode.—Bring the milk to the boiling point, stir in the butter, and pour these hot over the bread crumbs; add the sugar and very finely-minced lemon-peel; beat the eggs, and stir these in with the brandy to the other ingredients; put a paste round the dish, and bake for ¾ hour.
THE BOOK OF HOUSEHOLD MANAGEMENT

Time.—¾ hour. Average cost, 1s. 2d.

Sufficient for 6 or 7 persons.

Seasonable at any time.

LEMON.—The lemon is a variety of the citron. The juice of this fruit makes one of our most popular and refreshing beverages—lemonade, which is gently stimulating and cooling, and soon quenches the thirst. It may be freely partaken by bilious and sanguine temperaments; but persons with irritable stomachs should avoid it, on account of its acid qualities. The fresh rind of the lemon is a gentle tonic, and, when dried and grated, is used in flavouring a variety of culinary preparations. Lemons appear in company with the orange in most orange-growing countries. They were only known to the Romans at a very late period, and, at first, were used only to keep the moths from their garments: their acidity was unpleasant to them. In the time of Pliny, the lemon was hardly known otherwise than as an excellent counter-poison.

III.

(Very rich.)

1297. INGREDIENTS.—The rind and juice of 2 large lemons, ½ lb. of loaf sugar, ¼ pint of cream, the yolks of 8 eggs, 2 oz. of almonds, ½ lb. of butter, melted.

Mode.—Mix the pounded sugar with the cream, and add the yolks of eggs and the butter, which should be previously warmed. Blanch and pound the almonds, and put these, with the grated rind and strained juice of the lemons, to the other ingredients. Stir all well together; line a dish with puff-paste, put in the mixture, and bake for 1 hour.

Time.—1 hour.

Average cost, 2s.

Sufficient for 6 or 7 persons.

Seasonable at any time.

BOILED LEMON PUDDING.

1298. INGREDIENTS.—½ lb. of chopped suet, ¾ lb. of bread crumbs, 2 small lemons, 6 oz. of moist sugar, ¼ lb. of flour, 2 eggs, milk.

Mode.—Mix the suet, bread crumbs, sugar, and flour well together, adding the lemon-peel, which should be very finely minced, and the juice, which should be strained. When these ingredients are well mixed, moisten with the eggs and sufficient milk to make the pudding of the consistency of thick batter; put it into a well-buttered mould, and boil for 3-½ hours; turn it out, strew sifted sugar over, and serve with wine sauce, or not, at pleasure.

Time.—3-½ hours.

Average cost, 1s.
Sufficient for 7 or 8 persons. Seasonable at any time.

Note.—This pudding may also be baked, and will be found very good. It will take about 2 hours.

PLAIN LEMON PUDDING.

1299. INGREDIENTS.—¾ lb. of flour, 6 oz. of lard or dripping, the juice of 1 large lemon, 1 teaspoonful of flour, sugar.

Mode.—Make the above proportions of flour and lard into a smooth paste, and roll it out to the thickness of about ½ inch. Squeeze the lemon-juice, strain it into a cup, stir the flour into it, and as much moist sugar as will make it into a stiff and thick paste; spread this mixture over the paste, roll it up, secure the ends, and tie the pudding in a floured cloth. Boil for 2 hours.

Time.—2 hours.

Average cost, 7d.

Sufficient for 5 or 6 persons.

Seasonable at any time.

MANCHESTER PUDDING
(to eat Cold).

1300. INGREDIENTS.—3 oz. of grated bread, ½ pint of milk, a strip of lemon-peel, 4 eggs, 2 oz. of butter, sugar to taste, puff-paste, jam, 3 tablespoonfuls of brandy.

Mode.—Flavour the milk with lemon-peel, by infusing it in the milk for ½ hour; then strain it on to the bread crumbs, and boil it for 2 or 3 minutes; add the eggs, leaving out the whites of 2, the butter, sugar, and brandy; stir all these ingredients well together; cover a pie-dish with puff-paste, and at the bottom put a thick layer of any kind of jam; pour the above mixture, cold, on the jam, and bake the pudding for an hour. Serve cold, with a little sifted sugar sprinkled over.

Time.—1 hour.

Average cost, 1s.

Sufficient for 5 or 6 persons.

Seasonable at any time.

SWEET MACARONI PUDDING.

1301. INGREDIENTS.—2-½ oz. of macaroni, 2 pints of milk, the rind of ½ lemon, 3 eggs, sugar and grated nutmeg to taste, 2 tablespoonfuls of brandy.
Mode.—Put the macaroni, with a pint of the milk, into a saucepan with the lemon-peel, and let it simmer gently until the macaroni is tender; then put it into a pie-dish without the peel; mix the other pint of milk with the eggs; stir these well together, adding the sugar and brandy, and pour the mixture over the macaroni. Grate a little nutmeg over the top, and bake in a moderate oven for ½ hour. To make this pudding look nice, a paste should be laid round the edges of the dish, and, for variety, a layer of preserve or marmalade may be placed on the macaroni: in this case omit the brandy.

Time.—¾ hour to simmer the macaroni; ½ hour to bake the pudding.

Average cost, 11d.

Sufficient for 5 or 6 persons.

Seasonable at any time.

MACARONI is composed of wheaten flour, flavoured with other articles, and worked up with water into a paste, to which, by a peculiar process, a tubular or pipe form is given, in order that it may cook more readily in hot water. That of smaller diameter than macaroni (which is about the thickness of a goose-quill) is called vermicelli; and when smaller still, fidelini. The finest is made from the flour of the hard-grained Black-Sea wheat. Macaroni is the principal article of food in many parts of Italy, particularly Naples, where the best is manufactured, and from whence, also, it is exported in considerable quantities. In this country, macaroni and vermicelli are frequently used in soups.

MANNA KROUP PUDDING.

1302. INGREDIENTS.—3 tablespoonfuls of manna kroup, 12 bitter almonds, 1 pint of milk, sugar to taste, 3 eggs.

Mode.—Blanch and pound the almonds in a mortar; mix them with the manna kroup; pour over these a pint of boiling milk, and let them steep for about ¼ hour. When nearly cold, add sugar and the well-beaten eggs; mix all well together; put the pudding into a buttered dish, and bake for ½ hour.

Time.—½ hour.

Sufficient for 4 or 5 persons. Seasonable at any time.

MANNA KROUP, SEMORA, or SEMOLINA, are three names given to a flour made from ground wheat and rice. The preparation is white when it is made only of these materials; the yellow colour which it usually has, is produced by a portion of saffron and yolks of eggs. Next to vermicelli, this preparation is the most useful for thickening either meat or vegetable soups. As a food, it is light, nutritious, wholesome, and easily digested. The best preparation is brought from Arabia, and, next to that, from Italy.
MANSFIELD PUDDING.

1303. INGREDIENTS.—The crumb of 2 rolls, 1 pint of milk, sugar to taste, 4 eggs, 2 tablespoonfuls of brandy, 6 oz. of chopped suet, 2 tablespoonfuls of flour, ½ lb. of currants, ½ teaspoonful of grated nutmeg, 2 tablespoonfuls of cream.

Mode.—Slice the roll very thin, and pour upon it a pint of boiling milk; let it remain covered close for ¼ hour, then beat it up with a fork, and sweeten with moist sugar; stir in the chopped suet, flour, currants, and nutmeg. Mix these ingredients well together, moisten with the eggs, brandy, and cream; beat the mixture for 2 or 3 minutes, put it into a buttered dish or mould, and bake in a moderate oven for 1-¼ hour. Turn it out, strew sifted sugar over, and serve.

Time.—1-¼ hour. Average cost, 1s. 3d.

Sufficient for 6 or 7 persons. Seasonable at any time.

MARLBOROUGH PUDDING.

1304. INGREDIENTS.—¼ lb. of butter, ¼ lb. of powdered lump sugar, 4 eggs, puff-paste, a layer of any kind of jam.

Mode.—Beat the butter to a cream, stir in the powdered sugar, whisk the eggs, and add these to the other ingredients. When these are well mixed, line a dish with puff-paste, spread over a layer of any kind of jam that may be preferred, pour in the mixture, and bake the pudding for rather more than ½ hour.

Time.—Rather more than ½ hour. Average cost, 1s.

Sufficient for 5 or 6 persons. Seasonable at any time.

MARMALADE AND VERMICELLI PUDDING.

1305. INGREDIENTS.—1 breakfastcupful of vermicelli, 2 tablespoonfuls of marmalade, ¼ lb. of raisins, sugar to taste, 3 eggs, milk.

Mode.—Pour some boiling milk on the vermicelli, and let it remain covered for 10 minutes; then mix with it the marmalade, stoned raisins, sugar, and beaten eggs. Stir all well together, put the mixture into a buttered mould, boil for 1-½ hour, and serve with custard sauce.

Time.—1-½ hour. Average cost. 1s.

Sufficient for 5 or 6 persons. Seasonable at any time.
MARROW DUMPLINGS, to serve with Roast Meat, in Soup, with Salad, &c.
(German Recipe.)

1306. INGREDIENTS.—1 oz. of beef marrow, 1 oz. of butter, 2 eggs, 2 penny rolls, 1 teaspoonful of minced onion, 1 teaspoonful of minced parsley, salt and grated nutmeg to taste.

Mode.—Beat the marrow and butter together to a cream; well whisk the eggs, and add these to the other ingredients. When they are well stirred, put in the rolls, which should previously be well soaked in boiling milk, strained, and beaten up with a fork. Add the remaining ingredients, omitting the minced onion where the flavour is very much disliked, and form the mixture into small round dumplings. Drop these into boiling broth, and let them simmer for about 20 minutes or ½ hour. They may be served in soup, with roast meat, or with salad, as in Germany, where they are more frequently sent to table than in this country. They are very good.

Time.—20 minutes to ½ hour. Average cost, 6d.

Sufficient for 7 or 8 dumplings. Seasonable at any time.

BAKED OR BOILED MARROW PUDDING.

1307. INGREDIENTS.—½ pint of bread crumbs, 1½ pint of milk, 6 oz. of marrow, 4 eggs, ¼ lb. of raisins or currants, or 2 oz. of each; sugar and grated nutmeg to taste.

Mode.—Make the milk boiling, pour it hot on to the bread crumbs, and let these remain covered for about ½ hour; shred the marrow, beat up the eggs, and mix these with the bread crumbs; add the remaining ingredients, beat the mixture well, and either put it into a buttered mould and boil it for 2½ hours, or put it into a pie-dish edged with puff-paste, and bake for rather more than ¾ hour. Before sending it to table, sift a little pounded sugar over, after being turned out of the mould or basin.

Time.—2½ hours to boil, ¾ hour to bake. Average cost, 1s. 2d.

Sufficient for 5 or 6 persons. Seasonable at any time.

MILITARY PUDDINGS.

1308. INGREDIENTS.—½ lb. of suet, ½ lb. of bread crumbs, ½ lb. of moist sugar, the rind and juice of 1 large lemon.

Mode.—Chop the suet finely, mix it with the bread crumbs and sugar, and mince the lemon-rind and strain the juice; stir these into the other ingredients, mix well, and put the mixture into small buttered cups, and bake for rather more than ½ hour; turn them out on the dish, and serve with lemon-sauce. The above ingredients may be made into small balls, and boiled for about ½ hour; they should then be served with the same sauce as when baked.

Time.—Rather more than ½ hour. Average cost, 9d.
MINCEMEAT.

1309. INGREDIENTS.—2 lbs. of raisins, 3 lbs. of currants, 1½ lb. of lean beef, 3 lbs. of beef suet, 2 lbs. of moist sugar, 2 oz. of citron, 2 oz. of candied lemon-peel, 2 oz. of candied orange-peel, 1 small nutmeg, 1 pottle of apples, the rind of 2 lemons, the juice of 1, ½ pint of brandy.

Mode.—Stone and cut the raisins once or twice across, but do not chop them; wash, dry, and pick the currants free from stalks and grit, and mince the beef and suet, taking care that the latter is chopped very fine; slice the citron and candied peel, grate the nutmeg, and pare, core, and mince the apples; mince the lemon-peel, strain the juice, and when all the ingredients are thus prepared, mix them well together, adding the brandy when the other things are well blended; press the whole into a jar, carefully exclude the air, and the mincemeat will be ready for use in a fortnight.

Average cost for this quantity, 8s.

Seasonable.—Make this about the beginning of December.

EXCELLENT MINCEMEAT.

1310. INGREDIENTS.—3 large lemons, 3 large apples, 1 lb. of stoned raisins, 1 lb. of currants, 1 lb. of suet, 2 lbs. of moist sugar, 1 oz. of sliced candied citron, 1 oz. of sliced candied orange-peel, and the same quantity of lemon-peel, 1 teacupful of brandy, 2 tablespoonfuls of orange marmalade.

Mode.—Grate the rinds of the lemons; squeeze out the juice, strain it, and boil the remainder of the lemons until tender enough to pulp or chop very finely. Then add to this pulp the apples, which should be baked, and their skins and cores removed; put in the remaining ingredients one by one, and, as they are added, mix everything very thoroughly together. Put the mincemeat into a stone jar with a closely-fitting lid, and in a fortnight it will be ready for use.

Seasonable.—This should be made the first or second week in December.

MINCE PIES.

1311. INGREDIENTS.—Good puff-paste No. 1205, mincemeat No. 1309.

Mode.—Make some good puff-paste by recipe No. 1205; roll it out to the thickness of about ¼ inch, and line some good-sized pattypans with it; fill them with mincemeat, cover with the paste, and cut it off all round close to the edge of the tin. Put the pies into a brisk oven, to draw the paste up, and bake for 25 minutes, or longer, should the pies be very large; brush them over with the white of an egg, beaten with the blade of a knife.
to a stiff froth; sprinkle over pounded sugar, and put them into the oven for a minute or two, to dry the egg; dish the pies on a white d'oyley, and serve hot. They may be merely sprinkled with pounded sugar instead of being glazed, when that mode is preferred. To re-warm them, put the pies on the pattypans, and let them remain in the oven for 10 minutes or ¼ hour, and they will be almost as good as if freshly made.

*Time.*—25 to 30 minutes; 10 minutes to re-warm them.

*Average cost*, 4d. each.

*Sufficient*—½ lb. of paste for 4 pies. *Seasonable* at Christmas time.

### MONDAY’S PUDDING.

1312. **INGREDIENTS.**—The remains of cold plum-pudding, brandy, custard made with 5 eggs to every pint of milk.

*Mode.*—Cut the remains of a good cold plum-pudding into finger-pieces, soak them in a little brandy, and lay them cross-barred in a mould until full. Make a custard with the above proportion of milk and eggs, flavouring it with nutmeg or lemon-rind; fill up the mould with it; tie it down with a cloth, and boil or steam it for an hour. Serve with a little of the custard poured over, to which has been added a tablespoonful of brandy.

*Time.*—1 hour.

*Average cost*, exclusive of the pudding, 6d.

*Sufficient* for 5 or 6 persons.

*Seasonable* at any time.

### NESSELRODE PUDDING.

**A fashionable iced pudding—Carême's Recipe.**

1313. **INGREDIENTS.**—40 chestnuts, 1 lb. of sugar, flavouring of vanilla, 1 pint of cream, the yolks of 12 eggs, 1 glass of Maraschino, 1 oz. of candied citron, 2 oz. of currants, 2 oz. of stoned raisins, ½ pint of whipped cream, 3 eggs.

*Mode.*—Blanch the chestnuts in boiling water, remove the husks, and pound them in a mortar until perfectly smooth, adding a few spoonfuls of syrup. Then rub them through a fine sieve, and mix them in a basin with a pint of syrup made from 1 lb. of sugar, clarified, and flavoured with vanilla, 1 pint of cream, and the yolks of 12 eggs. Set this mixture over a slow fire, stirring it *without ceasing*, and just as it begins to boil, take it off and pass it through a tammy. When it is cold, put it into a freezing-pot, adding the Maraschino, and make the mixture set; then add the sliced citron, the currants, and stoned raisins (these two latter should be soaked the day previously in Maraschino and sugar pounded with vanilla); the whole thus mingled, add a plateful of whipped cream mixed with the whites of 3 eggs, beaten to a froth with a little syrup. When the pudding is perfectly frozen, put it into a pineapple-shaped mould;
close the lid, place it again in the freezing-pan, covered over with pounded ice and saltpetre, and let it remain until required for table; then turn the pudding out, and serve.

*Time.*—½ hour to freeze the mixture.

*Seasonable* from October to February.

**BAKED ORANGE PUDDING.**

1314. **INGREDIENTS.**—6 oz. of stale sponge cake or bruised ratafias, 6 oranges, 1 pint of milk, 6 eggs, ½ lb. of sugar.

**Mode.**—Bruise the sponge cake or ratafias into fine crumbs, and pour upon them the milk, which should be boiling. Rub the rinds of 2 of the oranges on sugar, and add this, with the juice of the remainder, to the other ingredients. Beat up the eggs, stir them in, sweeten to taste, and put the mixture into a pie-dish previously lined with puff-paste. Bake for rather more than ½ hour; turn it out of the dish, strew sifted sugar over, and serve.

*Time.*—Rather more than 1 hour. *Average cost*, 1s, 6d.

*Sufficient* for 3 or 4 persons. *Seasonable* from November to May.

**ORANGE (Citrus Aurantium).**—The principal varieties are the sweet, or China orange, and the bitter, or Seville orange; the Maltese is also worthy of notice, from its red blood-like pulp. The orange is extensively cultivated in the south of Europe, and in Devonshire, on walls with a south aspect, it bears an abundance of fruit. So great is the increase in the demand for the orange, and so ample the supply, that it promises to rival the apple in its popularity. The orange-tree is considered young at the age of a hundred years. The pulp of the orange consists of a collection of oblong vesicles filled with a sugary and refreshing juice. The orange blossom is proverbially chosen for the bridal wreath, and, from the same flower, an essential oil is extracted hardly less esteemed than the celebrated ottar of roses. Of all marmalades, that made from the Seville orange is the best. The peel and juice of the orange are much used in culinary preparations. From oranges are made preserves, confitures, jellies, glacés, sherbet, liqueurs, and syrups. The juice of the orange in a glass *d’eau sucrée* makes a refreshing and wholesome drink. From the clarified pulp of the orange the French make a delicious jelly, which they serve in small pots, and call crème. The rasped peel of the orange is used in several sweet *entremets*, to which it communicates its perfume. The confectioner manufactures a variety of dainties from all parts of the orange. Confections of orange-peel are excellent tonics and stomachics. Persons with delicate stomachs should abstain from oranges at dessert, because their acidity is likely to derange the digestive organs.
Small dishes of pastry for entremets, supper-dishes, &c.

FANCHONNETTES, or CUSTARD TARTLETS.

1315. INGREDIENTS.—For the custard, 4 eggs, ¾ pint of milk, 2 oz. of butter, 2 oz. of pounded sugar, 3 dessertspoonfuls of flour, flavouring to taste; the whites of 2 eggs, 2 oz. of pounded sugar.

Mode.—Well beat the eggs; stir to them the milk, the butter, which should be beaten to a cream, the sugar, and flour; mix these ingredients well together, put them into a very clean saucepan, and bring them to the simmering point, but do not allow them to boil. Flavour with essence of vanilla, bitter almonds, lemon, grated chocolate, or any flavouring ingredient that may be preferred. Line some round tartlet-pans with good puff-paste; fill them with the custard, and bake in a moderate oven for about 20 minutes; then take them out of the pans; let them cool, and in the mean time whisk the whites of the eggs to a stiff froth; stir into this the pounded sugar, and spread smoothly over the tartlets a little of this mixture. Put them in the oven again to set the icing, but be particular that they do not scorch: when the icing looks crisp, they are done. Arrange them, piled high in the centre, on a white napkin, and garnish the dish, and in between the tartlets, with strips of bright jelly, or very firmly-made preserve.

Time.—20 minutes to bake the tartlets; 5 minutes after being iced.

Average cost, exclusive of the paste, 1s.

Sufficient to fill 10 or 12 tartlets.

Seasonable at any time.

Note.—The icing may be omitted on the top of the tartlets, and a spoonful of any kind of preserve put at the bottom of the custard instead: this varies both the flavour and appearance of this dish.

ALMOND FLOWERS.

1316. INGREDIENTS.—Puff-paste No. 1205; to every ½ lb. of paste allow 3 oz. of almonds, sifted sugar, the white of an egg.

Mode.—Roll the paste out to the thickness of ¼ inch, and, with a round fluted cutter, stamp out as many pieces as may be required. Work the paste up again, roll it out, and, with a smaller cutter, stamp out some pieces the size of a shilling. Brush the larger pieces over with the white of an egg, and place one of the smaller pieces on each. Blanch and cut the almonds into strips lengthwise; press them slanting into the paste closely round the rings; and when they are all completed, sift over some pounded sugar, and bake for about ¼ hour or 20 minutes. Garnish between the almonds with strips of apple jelly, and place in the centre of the ring a small quantity of strawberry jam; pile them high on the dish, and serve.

Time.—¼ hour or 20 minutes.
Sufficient.—18 or 20 for a dish.

Seasonable at any time.

**FLUTED ROLLS.**

1317. INGREDIENTS.—Puff-paste, the white of an egg, sifted sugar, jelly or preserve.

*Mode.*—Make some good puff-paste by recipe No. 1205 (trimmings answer very well for little dishes of this sort); roll it out to the thickness of ¼ inch, and, with a round fluted paste-cutter, stamp out as many round pieces as may be required; brush over the upper side with the white of an egg; roll up the pieces, pressing the paste lightly together where it joins; place the rolls on a baking-sheet, and bake for about ¼ hour. A few minutes before they are done, brush them over with the white of an egg; strew over sifted sugar, put them back in the oven; and when the icing is firm and of a pale brown colour, they are done. Place a strip of jelly or preserve across each roll, dish them high on a napkin, and serve cold.

*Time.*—¼ hour before being iced; 5 to 10 minutes after.

*Average cost,* 1s. 3d.

Sufficient.—½ lb. of puff-paste for 2 dishes.

Seasonable at any time.

**PAstry SANDWICHES.**

1318. INGREDIENTS.—Puff-paste, jam of any kind, the white of an egg, sifted sugar.

*Mode.*—Roll the paste out thin; put half of it on a baking-sheet or tin, and spread equally over it apricot, greengage, or any preserve that may be preferred. Lay over this preserve another thin paste; press the edges together all round; and mark the paste in lines with a knife on the surface, to show where to cut it when baked. Bake from 20 minutes to ½ hour; and, a short time before being done, take the pastry out of the oven, brush it over with the white of an egg, sift over pounded sugar, and put it back in the oven to colour. When cold, cut it into strips; pile these on a dish pyramidically, and serve. These strips, cut about 2 inches long, piled in circular rows, and a plateful of flavoured whipped cream poured in the middle, make a very pretty dish.

*Time.*—20 minutes to 1 hour. *Average cost,* with ½ lb. of paste, 1s.

Sufficient.—½ lb. of paste will make 2 dishes of sandwiches.

Seasonable at any time.
PETITES BOUCHEES.

1319. INGREDIENTS.—6 oz. of sweet almonds, ¼ lb. of sifted sugar, the rind of ½ lemon, the white of 1 egg, puff-paste.

Mode.—Blanch the almonds, and chop them fine; rub the sugar on the lemon-rind, and pound it in a mortar; mix this with the almonds and the white of the egg. Roll some puff-paste out; cut it in any shape that may be preferred, such as diamonds, rings, ovals, &c., and spread the above mixture over the paste. Bake the bouchées in an oven, not too hot, and serve cold.

Time.—¼ hour, or rather more. Average cost, 1s.

Sufficient for ½ lb. of puff-paste. Seasonable at any time.

POLISH TARTLETS.

1320. INGREDIENTS.—Puff-paste, the white of an egg, pounded sugar.

Mode.—Roll some good puff-paste out thin, and cut it into 2½-inch squares; brush each square over with the white of an egg, then fold down the corners, so that they all meet in the middle of each piece of paste; slightly press the two pieces together, brush them over with the egg, sift over sugar, and bake in a nice quick oven for about ¼ hour. When they are done, make a little hole in the middle of the paste, and fill it up with apricot jam, marmalade, or red-currant jelly. Pile them high in the centre of a dish, on a napkin, and garnish with the same preserve the tartlets are filled with.

Time.—¼ hour or 20 minutes.

Average cost, with ½ lb. of puff-paste, 1s.

Sufficient for 2 dishes of pastry.

Seasonable at any time.

Note.—It should be borne in mind, that, for all dishes of small pastry, such as the preceding, trimmings of puff-pasty, left from larger tarts, answer as well as making the paste expressly.

PUITS d'AMOUR, or PUFF-PASTE RINGS.

1321. INGREDIENTS.—Puff-paste No. 1205, the white of an egg, sifted loaf sugar.

Mode.—Make some good puff-paste by recipe No. 1205; roll it out to the thickness of about ¼ inch, and, with a round fluted paste-cutter, stamp out as many pieces as may be required; then work the paste up again, and roll it out to the same thickness, and with a smaller cutter, stamp out sufficient pieces to correspond with the larger ones. Again stamp out the centre of these smaller pieces; brush over the others with the white of an egg, place a small ring on the top of every large circular piece of paste, egg over the tops, and bake from 15 to 20 minutes. Sift over sugar, put them back in the oven to
colour them; then fill the rings with preserve of any bright colour. Dish them high on a napkin, and serve. So many pretty dishes of pastry may be made by stamping puff-paste out with fancy cutters, and filling the pieces, when baked, with jelly or preserve, that our space will not allow us to give a separate recipe for each of them; but, as they are all made from one paste, and only the shape and garnishing varied, perhaps it is not necessary, and by exercising a little ingenuity, variety may always be obtained. Half-moons, leaves, diamonds, stars, shamrocks, rings, etc., are the most appropriate shapes for fancy pastry.

**Time.**—15 to 25 minutes.

**Average cost**, with ½ lb. of paste, 1s.

**Sufficient** for 2 dishes of pastry.

**Seasonable** at any time.

**PARADISE PUDDING.**

1322. **INGREDIENTS.**—3 eggs, 3 apples, ¼ lb. of bread crumbs, 3 oz. of sugar, 3 oz. of currants, salt and grated nutmeg to taste, the rind of ½ lemon, ½ wineglassful of brandy.

**Mode.**—Pare, core, and mince the apples into small pieces, and mix them with the other dry ingredients; beat up the eggs, moisten the mixture with these, and beat it well; stir in the brandy, and put the pudding into a buttered mould; tie it down with a cloth, boil for 1½ hour, and serve with sweet sauce.

**Time.**—1½ hour. **Average cost**, 1s.

**Sufficient** for 4 or 5 persons.

**PEASE PUDDING.**

1323. **INGREDIENTS.**—1½ pint of split peas, 2 oz. of butter, 2 eggs, pepper and salt to taste.

**Mode.**—Put the peas to soak over-night, in rain-water, and float off any that are wormeaten or discoloured. Tie them loosely in a clean cloth, leaving a little room for them to swell, and put them on to boil in cold rain-water, allowing 2½ hours after the water has simmered up. When the peas are tender, take them up and drain; rub them through a colander with a wooden spoon; add the butter, eggs, pepper, and salt; beat all well together for a few minutes, until the ingredients are well incorporated; then tie them tightly in a floured cloth; boil the pudding for another hour, turn it on to the dish, and serve very hot. This pudding should always be sent to table with boiled leg of pork, and is an exceedingly nice accompaniment to boiled beef.

**Time.**—2½ hours to boil the peas, tied loosely in the cloth; 1 hour for the pudding.

**Average cost**, 6d.
Sufficient for 7 or 8 persons.

Seasonable from September to March.

**BAKED PLUM-PUDDING.**

1324. INGREDIENTS.—2 lbs. of flour, 1 lb. of currants, 1 lb. of raisins, 1 lb. of suet, 2 eggs, 1 pint of milk, a few slices of candied peel.

*Mode.*—Chop the suet finely; mix with it the flour, currants, stoned raisins, and candied peel; moisten with the well-beaten eggs, and add sufficient milk to make the pudding of the consistency of very thick batter. Put it into a buttered dish, and bake in a good oven from 2-¼ to 2-½ hours; turn it out, strew sifted sugar over, and serve. For a very plain pudding, use only half the quantity of fruit, omit the eggs, and substitute milk or water for them. The above ingredients make a large family pudding; for a small one, half the quantity would be found ample; but it must be baked quite 1-½ hour.

*Time.*—Large pudding, 2-¼ to 2-½ hours; half the size, 1-½ hour.

*Average cost,* 2s. 6d.

Sufficient for 9 or 10 persons.

Seasonable in winter.

**RAISIN GRAPE.**—All the kinds of raisins have much the same virtues; they are nutritive and balsamic, but they are very subject to fermentation with juices of any kind; and hence, when eaten immoderately, they often bring on colics. There are many varieties of grape used for raisins; the fruit of Valencia is that mostly dried for culinary purposes, whilst most of the table kinds are grown in Malaga, and called Muscatels. The finest of all table raisins come from Provence or Italy; the most esteemed of all are those of Roquevaire; they are very large and very sweet. This sort is rarely eaten by any but the most wealthy. The dried Malaga, or Muscatel raisins, which come to this country packed in small boxes, and nicely preserved in bunches, are variable in their quality, but mostly of a rich flavour, when new, juicy, and of a deep purple hue.

**AN EXCELLENT PLUM-PUDDING, made without Eggs.**

1325. INGREDIENTS.—½ lb. of flour, 6 oz. of raisins, 6 oz. of currants, ¼ lb. of chopped suet, ¼ lb. of brown sugar, ¼ lb. of mashed carrot, ¼ lb. of mashed potatoes, 1 tablespoonful of treacle, 1 oz. of candied lemon-peel, 1 oz. of candied citron.

*Mode.*—Mix the flour, currants, suet, and sugar well together; have ready the above proportions of mashed carrot and potato, which stir into the other ingredients; add the treacle and lemon-peel; but put no liquid in the mixture, or it will be spoiled. Tie it loosely in a cloth, or, if put in a basin, do not quite fill it, as the pudding should have
room to swell, and boil it for 4 hours. Serve with brandy-sauce. This pudding is better for being mixed over-night.

*Time.*—4 hours.

*Average cost,* 1s. 6d.

*Sufficient* for 6 or 7 persons.

*Seasonable* in winter.

**AN UNRIVALLED PLUM-PUDDING.**

1326. **INGREDIENTS.**—1-½ lb. of muscatel raisins, 1-¾ lb. of currants, 1 lb. of sultana raisins, 2 lbs. of the finest moist sugar, 2 lbs. of bread crumbs, 16 eggs, 2 lbs. of finely-chopped suet, 6 oz. of mixed candied peel, the rind of 2 lemons, 1 oz. of ground nutmeg, 1 oz. of ground cinnamon, ½ oz. of pounded bitter almonds, ¼ pint of brandy.

**Mode.**—Stone and cut up the raisins, but do not chop them; wash and dry the currants, and cut the candied peel into thin slices. Mix all the dry ingredients well together, and moisten with the eggs, which should be well beaten and strained, to the pudding; stir in the brandy, and, when all is thoroughly mixed, well butter and flour a stout new pudding-cloth; put in the pudding, tie it down very tightly and closely, boil from 6 to 8 hours, and serve with brandy-sauce. A few sweet almonds, blanched and cut in strips, and stuck on the pudding, ornament it prettily. This quantity may be divided and boiled in buttered moulds. For small families this is the most desirable way, as the above will be found to make a pudding of rather large dimensions.

*Time.*—6 to 8 hours. *Average cost,* 7s. 6d.

*Seasonable* in winter. *Sufficient* for 12 or 14 persons.

*Note.*—The muscatel raisins can be purchased at a cheap rate loose (not in bunches): they are then scarcely higher in price than the ordinary raisins, and impart a much richer flavour to the pudding.

SULTANA GRAPE.—We have elsewhere stated that the small black grape grown in Corinth and the Ionian Isles is, when dried, the common currant of the grocers' shops; the white or yellow grape, grown in the same places, is somewhat larger than the black variety, and is that which produces the Sultana raisin. It has been called Sultana from its delicate qualities and unique growth: the finest are those of Smyrna. They have not sufficient flavour and sugary properties to serve alone for puddings and cakes, but they are peculiarly valuable for mixing, that is to say, for introducing in company with the richer sorts of Valencias or Muscatels. In white puddings, or cakes, too, where the whiteness must be preserved, the Sultana raisin should be used. But the greatest value of this fruit in the *cuisine* is that of its saving labour; for it has no stones. Half Muscatels and half Sultanas are an admirable mixture for general purposes.
A PLAIN CHRISTMAS PUDDING FOR CHILDREN.

1327. INGREDIENTS.—1 lb. of flour, 1 lb. of bread crumbs, ¾ lb. of stoned raisins, ¾ lb. of currants, ¾ lb. of suet, 3 or 4 eggs, milk, 2 oz. of candied peel, 1 teaspoonful of powdered allspice, ½ saltspoonful of salt.

Mode.—Let the suet be finely chopped, the raisins stoned, and the currants well washed, picked, and dried. Mix these with the other dry ingredients, and stir all well together; beat and strain the eggs to the pudding, stir these in, and add just sufficient milk to make it mix properly. Tie it up in a well-floured cloth, put it into boiling water, and boil for at least 5 hours. Serve with a sprig of holly placed in the middle of the pudding, and a little pounded sugar sprinkled over it.

Time.—5 hours. Average cost, 1s. 9d.

Sufficient for 9 or 10 children. Seasonable at Christmas.

RAISINS.—Raisins are grapes, prepared by suffering them to remain on the vine until they are perfectly ripe, and then drying them in the sun or by the heat of an oven. The sun-dried grapes are sweet, the oven-dried of an acid flavour. The common way of drying grapes for raisins is to tie two or three bunches of them together, whilst yet on the vine, and dip them into a hot lixivium of wood-ashes mixed with a little of the oil of olives: this disposes them to shrink and wrinkle, after which they are left on the vine three or four days, separated, on sticks in a horizontal situation, and then dried in the sun at leisure, after being cut from the tree.
1328. INGREDIENTS.—1½ lb. of raisins, ½ lb. of currants, ½ lb. of mixed peel, ¾ lb. of bread crumbs, ¾ lb. of suet, 8 eggs, 1 wineglassful of brandy.

Mode.—Stone and cut the raisins in halves, but do not chop them; wash, pick, and dry the currants, and mince the suet finely; cut the candied peel into thin slices, and grate down the bread into fine crumbs. When all these dry ingredients are prepared, mix them well together; then moisten the mixture with the eggs, which should be well beaten, and the brandy; stir well, that everything may be very thoroughly blended, and press the pudding into a
buttered mould; tie it down tightly with a floured cloth, and boil for 5 or 6 hours. It may be boiled in a cloth without a mould, and will require the same time allowed for cooking. As Christmas puddings are usually made a few days before they are required for table, when the pudding is taken out of the pot, hang it up immediately, and put a plate or saucer underneath to catch the water that may drain from it. The day it is to be eaten, plunge it into boiling water, and keep it boiling for at least 2 hours; then turn it out of the mould, and serve with brandy-sauce. On Christmas-day a sprig of holly is usually placed in the middle of the pudding, and about a wineglassful of brandy poured round it, which, at the moment of serving, is lighted, and the pudding thus brought to table encircled in flame.

Time.—5 or 6 hours the first time of boiling; 2 hours the day it is to be served.

Average cost, 4s.

Sufficient for a quart mould for 7 or 8 persons.

Seasonable on the 25th of December, and on various festive occasions till March.

Note.—Five or six of these puddings should be made at one time, as they will keep good for many weeks, and in cases where unexpected guests arrive, will be found an acceptable, and, as it only requires warming through, a quickly-prepared dish. Moulds of every shape and size are manufactured for these puddings, and may be purchased of Messrs. R. & J. Slack, 336, Strand.

BRANDY is the alcoholic or spirituous portion of wine, separated from the aqueous part, the colouring matter, &c., by distillation. The word is of German origin, and in its German form, branduein, signifies burnt wine, or wine that has undergone the action of fire; brandies, so called, however, have been made from potatoes, carrots, beetroot, pears, and other vegetable substances; but they are all inferior to true brandy. Brandy is prepared in most wine countries, but that of France is the most esteemed. It is procured not only by distilling the wine itself, but also by fermenting and distilling the marc, or residue of the pressings of the grape. It is procured indifferently from red or white wine, and different wines yield very different proportions of it, the strongest, of course, giving the largest quantity. Brandy obtained from marc has a more acrid taste than that from wine. The celebrated brandy of Cognac, a town in the department of Charente, and that brought from Andraye, seem to owe their excellence from being made from white wine. Like other spirit, brandy is colourless when recently distilled; by mere keeping, however, owing, probably, to some change in the soluble matter contained in it, it acquires a slight colour, which is much increased by keeping in casks, and is made of the required intensity by the addition of burnt sugar or other colouring matter. What is called British brandy is not, in fact, brandy, which is the name, as we have said, of a spirit distilled from wine; but is a spirit made chiefly from malt spirit, with the addition of mineral acids and various flavouring ingredients, the exact composition being kept secret. It is distilled somewhat extensively in this country; real brandy scarcely at all. The brandies imported into England are chiefly from Bordeaux, Rochelle, and Cognac.

A POUND PLUM-PUDDING.

1329. INGREDIENTS.—1 lb. of suet, 1 lb. of currants, 1 lb. of stoned raisins, 8 eggs, ½ grated nutmeg, 2 oz. of sliced candied peel, 1 teaspoonful of ground ginger, ½ lb. of bread crumbs, ½ lb. of flour, ½ pint of milk.
Mode.—Chop the suet finely; mix with it the dry ingredients; stir these well together, and add the well-beaten eggs and milk to moisten with. Beat up the mixture well, and should the above proportion of milk not be found sufficient to make it of the proper consistency, a little more should be added. Press the pudding into a mould, tie it in a floured cloth, and boil for 5 hours, or rather longer, and serve with brandy-sauce.

Time.—5 hours, or longer. Average cost, 3s.

Sufficient for 7 or 8 persons. Seasonable in winter.

Note.—The above pudding may be baked instead of boiled; it should be put into a buttered mould or tin, and baked for about 2 hours; a smaller one would take about 1-¼ hour.

CITRON.—The fruit of the citron-tree (Citrus medica) is acidulous, antiseptic, and antiscorbutic: it excites the appetite, and stops vomiting, and, like lemon-juice, has been greatly extolled in chronic rheumatism, gout, and scurvy. Mixed with cordials, it is used as an antidote to the machineel poison. The candied peel is prepared in the same manner as orange or lemon-peel; that is to say, the peel is boiled in water until quite soft, and then suspended in concentrated syrup (in the cold), after which it is either dried in a current of warm air, or in a stove, at a heat not exceeding 120° Fahrenheit. The syrup must be kept fully saturated with sugar by reboiling it once or twice during the process. It may be dusted with powdered lump sugar, if necessary. The citron is supposed to be the Median, Assyrian, or Persian apple of the Greeks. It is described by Risso as having a majestic appearance, its shining leaves and rosy flowers being succeeded by fruit whose beauty and size astonish the observer, whilst their odour gratifies his senses. In China there is an enormous variety, but the citron is cultivated in all orange-growing countries.

PLUM-PUDDING OF FRESH FRUIT.

1330. INGREDIENTS.—¾ lb. of suet crust No. 1, 1½ pint of Orleans or any other kind of plum, ¼ lb. of moist sugar.

Mode.—Line a pudding-basin with suet crust rolled out to the thickness of about ½ inch; fill the basin with the fruit, put in the sugar, and cover with crust. Fold the edges over, and pinch them together, to prevent the juice escaping. Tie over a floured cloth, put the pudding into boiling water, and boil from 2 to 2-½ hours. Turn it out of the basin, and serve quickly.

Time.—2 to 2-½ hours.

Average cost, 10d.

Sufficient for 6 or 7 persons.
Seasonable, with various kinds of plums, from the beginning of August to the beginning of October.

PLUMS.—Almost all the varieties of the cultivated plum are agreeable and refreshing: it is not a nourishing fruit, and if indulged in to excess, when unripe, is almost certain to cause diarrhoea and cholera. Weak and delicate persons had better abstain from plums altogether. The modes of preparing plums are as numerous as the varieties of the fruit. The objections raised against raw plums do not apply to the cooked fruit, which even the invalid may eat in moderation.

PLUM TART.

1331. INGREDIENTS.—½ lb. of good short crust No. 1211, 1½ pint of plums, ¼ lb. of moist sugar.

Mode.—Line the edges of a deep tart-dish with crust made by recipe No. 1211; fill the dish with plums, and place a small cup or jar, upside down, in the midst of them. Put in the sugar, cover the pie with crust, ornament the edges, and bake in a good oven from ½ to ¾ hour. When puff-crust is preferred to short crust, use that made by recipe No. 1206, and glaze the top by brushing it over with the white of an egg beaten to a stiff froth with a knife; sprinkle over a little sifted sugar, and put the pie in the oven to set the glaze.

Time.—½ to ¾ hour. Average cost, 1s.

Sufficient for 5 or 6 persons.

Seasonable, with various kinds of plums, from the beginning of August to the beginning of October.

POTATO PASTY.

1332. INGREDIENTS.—1½ lb. of rump-steak or mutton cutlets, pepper and salt to taste, 1/3 pint of weak broth or gravy, 1 oz. of butter, mashed potatoes.

Mode.—Place the meat, cut in small pieces, at the bottom of the pan; season it with pepper and salt, and add the gravy and butter broken, into small pieces. Put on the perforated plate, with its valve-pipe screwed on, and fill up the whole space to the top of the tube with nicely-mashed potatoes mixed with a little milk,
and finish the surface of them in any ornamental manner. If carefully baked, the potatoes will be covered with a delicate brown crust, retaining all the savoury steam rising from the meat. Send it to table as it comes from the oven, with a napkin folded round it.

*Time.*—40 to 60 minutes. *Average cost*, 2s.

*Sufficient* for 4 or 5 persons. *Seasonable* at any time.

**POTATO PUDDING.**

1333. INGREDIENTS.—½ lb. of mashed potatoes, 2 oz. of butter, 2 eggs, ¼ pint of milk, 3 tablespoonfuls of sherry, ¼ saltspoonful of salt, the juice and rind of 1 small lemon, 2 oz. of sugar.

*Mode.*—Boil sufficient potatoes to make ½ lb. when mashed; add to these the butter, eggs, milk, sherry, lemon-juice, and sugar; mince the lemon-peel very finely, and beat all the ingredients well together. Put the pudding into a buttered pie-dish, and bake for rather more than ½ hour. To enrich it, add a few pounded almonds, and increase the quantity of eggs and butter.

*Time.*—½ hour, or rather longer. *Average cost*, 8d.

*Sufficient* for 5 or 6 persons. *Seasonable* at any time.

**TO ICE OR GLAZE PASTRY.**

1334. To glaze pastry, which is the usual method adopted for meat or raised pies, break an egg, separate the yolk from the white, and beat the former for a short time. Then, when the pastry is nearly baked, take it out of the oven, brush it over with this beaten yolk of egg, and put it back in the oven to set the glaze.

1335. To ice pastry, which is the usual method adopted for fruit tarts and sweet dishes of pastry, put the white of an egg on a plate, and with the blade of a knife beat it to a stiff froth. When the pastry is nearly baked, brush it over with this, and sift over some pounded sugar; put it back into the oven to set the glaze, and, in a few minutes, it will be done. Great care should be taken that the paste does not catch or burn in the oven, which it is very liable to do after the icing is laid on.

*Sufficient*—Allow 1 egg and 1-1/8 oz. of sugar to glaze 3 tarts.

*SUGAR* has been happily called "the honey of reeds." The sugar-cane appears to be originally a native of the East Indies. The Chinese have cultivated it for 2,000 years. The Egyptians, Phoenicians, and Jews knew nothing about it. The Greek physicians are the first who speak of it. It was not till the year 1471 that a Venetian discovered the method of purifying brown sugar and making loaf sugar. He gained an immense fortune by this discovery. Our supplies are now obtained from Barbadoes, Jamaica, Mauritius, Ceylon, the East and West Indies generally, and the United States; but the largest supplies come
from Cuba. Sugar is divided into the following classes:—Refined sugar, white clayed, brown clayed, brown raw, and molasses. The sugarcane grows to the height of six, twelve, or even sometimes twenty feet. It is propagated from cuttings, requires much hoeing and weeding, giving employment to thousands upon thousands of slaves in the slave countries, and attains maturity in twelve or thirteen months. When ripe, it is cut down close to the stole, the stems are divided into lengths of about three feet, which are made up into bundles, and carried to the mill, to be crushed between rollers. In the process of crushing, the juice runs down into a reservoir, from which, after a while, it is drawn through a siphon; that is to say, the clear fluid is taken from the scum. This fluid undergoes several processes of drying and refining; the methods varying in different manufactories. There are some large establishments engaged in sugar-refining in the neighbourhoods of Blackwall and Bethnal Green, London. The process is mostly in the hands of German workmen. Sugar is adulterated with fine sand and sawdust. Pure sugar is highly nutritious, adding to the fatty tissue of the body; but it is not easy of digestion.

**BAKED RAISIN PUDDING.**
*(Plain and Economical.)*

1336. INGREDIENTS.—1 lb. of flour, ¾ lb. of stoned raisins, ½ lb. of suet, a pinch of salt, 1 oz. of sugar, a little grated nutmeg, milk.

**Mode.**—Chop the suet finely; stone the raisins and cut them in halves; mix these with the suet, add the salt, sugar, and grated nutmeg, and moisten the whole with sufficient milk to make it of the consistency of thick batter. Put the pudding into a buttered pie-dish, and bake for 1½ hour, or rather longer. Turn it out of the dish, strew sifted sugar over, and serve. This is a very plain recipe, and suitable where there is a family of children. It, of course, can be much improved by the addition of candied peel, currants, and rather a larger proportion of suet: a few eggs would also make the pudding richer.

**Time.**—1½ hour. **Average cost**, 9d.

**Sufficient** for 7 or 8 persons. **Seasonable** in winter.

**INTRODUCTION OF SUGAR.**—Sugar was first known as a drug, and used by the apothecaries, and with them was a most important article. At its first appearance, some said it was heating; others, that it injured the chest; others, that it disposed persons to apoplexy; the truth, however, soon conquered these fancies, and the use of sugar has increased every day, and there is no household in the civilized world which can do without it.

**BOILED RAISIN PUDDING.**
*(Plain and Economical.)*

1337. INGREDIENTS.—1 lb. of flour, ½ lb. of stoned raisins, ½ lb. of chopped suet, ½ saltspoonful of salt, milk.

**Mode.**—After having stoned the raisins and chopped the suet finely, mix them with the flour, add the salt, and when these dry ingredients are thoroughly mixed, moisten the pudding with sufficient milk to make it into rather a stiff paste. Tie it up in a floured cloth, put it into boiling water, and boil for 4 hours: serve with sifted sugar. This pudding may, also, be made in a long shape, the same as a rolled jam-pudding, and will then not require so long boiling;—2½ hours would then be quite sufficient.
Time.—Made round, 4 hours; in a long shape, 2½ hours.

Average cost, 9d.

Sufficient for 8 or 9 persons. Seasonable in winter.

**BOILED RHUBARB PUDDING.**

1338. INGREDIENTS.—4 or 5 sticks of fine rhubarb, ¼ lb. of moist sugar, ¾ lb. of suet-crust No. 1215.

Mode.—Make a suet-crust with ¾ lb. of flour, by recipe No. 1215, and line a buttered basin with it. Wash and wipe the rhubarb, and, if old, string it—that is to say, pare off the outside skin. Cut it into inch lengths, fill the basin with it, put in the sugar, and cover with crust. Pinch the edges of the pudding together, tie over it a floured cloth, put it into boiling water, and boil from 2 to 2½ hours. Turn it out of the basin, and serve with a jug of cream and sifted sugar.

Time.—2 to 2½ hours. Average cost, 7d.

Sufficient for 6 or 7 persons. Seasonable in spring.

**RHUBARB TART.**

1339. INGREDIENTS.—½ lb. of puff-paste No. 1206, about 5 sticks of large rhubarb, ¼ lb. of moist sugar.

Mode.—Make a puff-crust by recipe No. 1206; line the edges of a deep pie-dish with it, and wash, wipe, and cut the rhubarb into pieces about 1 inch long. Should it be old and tough, string it, that is to say, pare off the outside skin. Pile the fruit high in the dish, as it shrinks very much in the cooking; put in the sugar, cover with crust, ornament the edges, and bake the tart in a well-heated oven from ½ to ¾ hour. If wanted very nice, brush it over with the white of an egg beaten to a stiff froth, then sprinkle on it some sifted sugar, and put it in the oven just to set the glaze: this should be done when the tart is nearly baked. A small quantity of lemon-juice, and a little of the peel minced, are by many persons considered an improvement to the flavour of rhubarb tart.

Time.—½ to ¾ hour. Average cost, 9d.

Sufficient for 4 or 5 persons.

Seasonable in spring.

RHUBARB.—This is one of the most useful of all garden productions that are put into pies and puddings. It was comparatively little known till within the last twenty or thirty years, but it is now cultivated in almost every British garden. The part used is the footstalks of the leaves, which, peeled and cut into small pieces, are put
into tarts, either mixed with apples or alone. When quite young, they are much better not peeled. Rhubarb comes in season when apples are going out. The common rhubarb is a native of Asia; the scarlet variety has the finest flavour. Turkey rhubarb, the well-known medicinal drug, is the root of a very elegant plant (Rheum palmatum), coming to greatest perfection in Tartary. For culinary purposes, all kinds of rhubarb are the better for being blanched.

RAISED PIE OF POULTRY OR GAME.

1340. INGREDIENTS.—To every lb. of flour allow ½ lb. of butter, ½ pint of water, the yolks of 2 eggs, ½ teaspoonful of salt (these are for the crust); 1 large fowl or pheasant, a few slices of veal cutlet, a few slices of dressed ham, forcemeat, seasoning of nutmeg, allspice, pepper and salt, gravy.

Mode.—Make a stiff short crust with the above proportion of butter, flour, water, and eggs, and work it up very smoothly; butter a raised-pie mould, as shown in No. 1190, and line it with the paste. Previously to making the crust, bone the fowl, or whatever bird is intended to be used, lay it, breast downwards, upon a cloth, and season the inside well with pounded mace, allspice, pepper, and salt; then spread over it a layer of forcemeat, then a layer of seasoned veal, and then one of ham, and then another layer of forcemeat, and roll the fowl over, making the skin meet at the back. Line the pie with forcemeat, put in the fowl, and fill up the cavities with slices of seasoned veal and ham and forcemeat; wet the edges of the pie, put on the cover, pinch the edges together with the paste-pincers, and decorate it with leaves; brush it over with beaten yolk of egg, and bake in a moderate oven for 4 hours. In the mean time, make a good strong gravy from the bones, pour it through a funnel into the hole at the top; cover this hole with a small leaf, and the pie, when cold, will be ready for use. Let it be remembered that the gravy must be considerably reduced before it is poured into the pie, as, when cold, it should form a firm jelly, and not be the least degree in a liquid state. This recipe is suitable for all kinds of poultry or game, using one or more birds, according to the size of the pie intended to be made; but the birds must always be boned. Truffles, mushrooms, &c., added to this pie, make it much nicer; and, to enrich it, lard the fleshy parts of the poultry or game with thin strips of bacon. This method of forming raised pies in a mould is generally called a timbale, and has the advantage of being more easily made than one where the paste is raised by the hands; the crust, besides, being eatable. Time.—Large pie, 4 hours. Average cost, 6s. 6d.

Seasonable, with poultry, all the year; with game, from September to March.

RAISED PIE OF VEAL AND HAM.

1341. INGREDIENTS.—3 or 4 lbs. of veal cutlets, a few slices of bacon or ham, seasoning of pepper, salt, nutmeg, and allspice, forcemeat No. 415, 2 lbs. of hot-water paste No. 1217, ½ pint of good strong gravy.
Mode.—To raise the crust for a pie with the hands is a very difficult task, and can only be accomplished by skilled and experienced cooks. The process should be seen to be satisfactorily learnt, and plenty of practice given to the making of raised pies, as by that means only will success be insured. Make a hot-water paste by recipe No. 1217, and from the mass raise the pie with the hands; if this cannot be accomplished, cut out pieces for the top and bottom, and a long piece for the sides; fasten the bottom and side-piece together by means of egg, and pinch the edges well together; then line the pie with forcemeat made by recipe No. 415, put in a layer of veal, and a plentiful seasoning of salt, pepper, nutmeg, and allspice, as, let it be remembered, these pies taste very insipid unless highly seasoned. Over the seasoning place a layer of sliced bacon or cooked ham, and then a layer of forcemeat, veal seasoning, and bacon, and so on until the meat rises to about an inch above the paste; taking care to finish with a layer of forcemeat, to fill all the cavities of the pie, and to lay in the meat firmly and compactly. Brush the top edge of the pie with beaten egg, put on the cover, press the edges, and pinch them round with paste-pincers. Make a hole in the middle of the lid, and ornament the pie with leaves, which should be stuck on with the white of an egg; then brush it all over with the beaten yolk of an egg, and bake the pie in an oven with a soaking heat from 3 to 4 hours. To ascertain when it is done, run a sharp-pointed knife or skewer through the hole at the top into the middle of the pie, and if the meat feels tender, it is sufficiently baked. Have ready about ½ pint of very strong gravy, pour it through a funnel into the hole at the top, stop up the hole with a small leaf of baked paste, and put the pie away until wanted for use. Should it acquire too much colour in the baking, cover it with white paper, as the crust should not in the least degree be burnt. Mushrooms, truffles, and many other ingredients, may be added to enrich the flavour of these pies, and the very fleshy parts of the meat may be larded. These pies are more frequently served cold than hot, and form excellent dishes for cold suppers or breakfasts. The cover of the pie is sometimes carefully removed, leaving the perfect edges, and the top decorated with square pieces of very bright aspic jelly: this has an exceedingly pretty effect.

Time.—About 4 hours. Average cost, 6s. 6d.

Sufficient for a very large pie. Seasonable from March to October.

BAKED RICE PUDDING.

1342. INGREDIENTS.—1 small teacupful of rice, 4 eggs, 1 pint of milk, 2 oz. of fresh butter, 2 oz. of beef marrow, ¼ lb. of currants, 2 tablespoonfuls of brandy, nutmeg, ¼ lb. of sugar, the rind of ½ lemon.

Mode.—Put the lemon-rind and milk into a stewpan, and let it infuse till the milk is well flavoured with the lemon; in the mean time, boil the rice until tender in water, with a very small quantity of salt, and, when done, let it be thoroughly drained. Beat the eggs, stir to them the milk, which should be strained, the butter, marrow, currants, and remaining ingredients; add the rice, and mix all well together. Line the edges of the dish with puff-paste, put in the pudding, and bake for about ¾ hour in a slow oven. Slices of candied-peel may be added at pleasure, or Sultana raisins may be substituted for the currants.
Time.—¾ hour. Average cost, 1s. 3d.

Sufficient for 5 or 6 persons.

Seasonable.—Suitable for a winter pudding, when fresh fruits are not obtainable.

RICE, with proper management in cooking it, forms a very valuable and cheap addition to our farinaceous food, and, in years of scarcity, has been found eminently useful in lessening the consumption of flour. When boiled, it should be so managed that the grains, though soft, should be as little broken and as dry as possible. The water in which it is dressed should only simmer, and not boil hard. Very little water should be used, as the grains absorb a great deal, and, consequently, swell much; and if they take up too much at first, it is difficult to get rid of it. Baking it in puddings is the best mode of preparing it.

II.

(Plain and Economical; a nice Pudding for Children.)

1343. INGREDIENTS.—1 teacupful of rice, 2 tablespoonfuls of moist sugar, 1 quart of milk, ½ oz. of butter or 2 small tablespoonfuls of chopped suet, ½ teaspoonful of grated nutmeg.

Mode.—Wash the rice, put it into a pie-dish with the sugar, pour in the milk, and stir these ingredients well together; then add the butter cut up into very small pieces, or, instead of this, the above proportion of finely-minced suet; grate a little nutmeg over the top, and bake the pudding, in a moderate oven, from 1-½ to 2 hours. As the rice is not previously cooked, care must be taken that the pudding be very slowly baked, to give plenty of time for the rice to swell, and for it to be very thoroughly done.

Time.—1-½ to 2 hours. Average cost, 7d.

Sufficient for 5 or 6 children. Seasonable at any time.

PLAIN BOILED RICE PUDDING.

1344. INGREDIENTS.—½ lb. of rice.

Mode.—Wash the rice, tie it in a pudding-cloth, allowing room for the rice to swell, and put it into a saucepan of cold water; boil it gently for 2 hours, and if, after a time, the cloth seems tied too loosely, take the rice up and tighten the cloth. Serve with sweet melted butter, or cold butter and sugar, or stewed fruit, jam, or marmalade; any of which accompaniments are suitable for plain boiled rice.

Time.—2 hours after the water boils. Average cost, 2d.

Sufficient for 4 or 5 persons. Seasonable at any time.
BOILED RICE PUDDING.

I.

1345. INGREDIENTS.—¼ lb. of rice, 1½ pint of new milk, 2 oz. of butter, 4 eggs, ½ saltspoonful of salt, 4 large tablespoonfuls of moist sugar, flavouring to taste.

Mode.—Stew the rice very gently in the above proportion of new milk, and, when it is tender, pour it into a basin; stir in the butter, and let it stand to cool; then beat the eggs, add these to the rice with the sugar, salt, and any flavouring that may be approved, such as nutmeg, powdered cinnamon, grated lemon-peel, essence of bitter almonds, or vanilla. When all is well stirred, put the pudding into a buttered basin, tie it down with a cloth, plunge it into boiling water, and boil for 1¼ hour.

Time.—1¼ hour. Average cost, 1s.

Sufficient for 5 or 6 persons. Seasonable at any time.

VARIETIES OF RICE.—Of the varieties of rice brought to our market, that from Bengal is chiefly of the species denominated cargo rice, and is of a coarse reddish-brown cast, but peculiarly sweet and large-grained; it does not readily separate from the husk, but it is preferred by the natives to all the others. Patna rice is more esteemed in Europe, and is of very superior quality; it is small-grained, rather long and wiry, and is remarkably white. The Carolina rice is considered as the best, and is likewise the dearest in London.

II.

(With Dried or Fresh fruit; a nice dish for the Nursery.)

1346. INGREDIENTS.—½ lb. of rice, 1 pint of any kind of fresh fruit that may be preferred, or ½ lb. of raisins or currants.

Mode.—Wash the rice, tie it in a cloth, allowing room for it to swell, and put it into a saucepan of cold water; let it boil for an hour, then take it up, untie the cloth, stir in the fruit, and tie it up again tolerably tight, and put it into the water for the remainder of the time. Boil for another hour, or rather longer, and serve with sweet sauce, if made with dried fruit, and with plain sifted sugar and a little cream or milk, if made with fresh fruit.

Time.—1 hour to boil the rice without the fruit; 1 hour, or longer, afterwards.

Average cost, 6d.

Sufficient for 6 or 7 children. Seasonable at any time.

Note.—This pudding is very good made with apples: they should be pared cored, and cut into thin slices.

BOILED RICE FOR CURRIES, &c.

1347. INGREDIENTS.—¾ lb. of rice, water, salt.
Mode.—Pick, wash, and soak the rice in plenty of cold water; then have ready a saucepan of boiling water, drop the rice into it, and keep it boiling quickly, with the lid uncovered, until it is tender, but not soft. Take it up, drain it, and put it on a dish before the fire to dry: do not handle it much with a spoon, but shake it about a little with two forks, that it may all be equally dried, and strew over a little salt. It is now ready to serve, and may be heaped lightly on a dish by itself, or be laid round the dish as a border, with a curry or fricassee in the centre. Some cooks smooth the rice with the back of a spoon, and then brush it over with the yolk of an egg, and set it in the oven to colour; but the rice well boiled, white, dry, and with every grain distinct, is by far the more preferable mode of dressing it. During the process of boiling, the rice should be attentively watched, that it be not overdone, as, if this is the case, it will have a mashed and soft appearance.

Time.—15 to 25 minutes, according to the quality of the rice.

Average cost, 3d.

Sufficient for a large dish of curry.

Seasonable at any time.

RICE, in the native rough state, with the husk on, is called paddy, both in India and America, and it will keep better, and for a much longer time, in this state, than after the husk has been removed; besides which, prepared rice is apt to become dirty from rubbing about in the voyage on board ship, and in the warehouses. It is sometimes brought to England in the shape of paddy, and the husk detached here. Paddy pays less duty than shelled rice.

TO BOIL RICE FOR CURRIES, &c.  
(Soyer's Recipe.)

1348. INGREDIENTS.—1 lb. of the best Carolina rice, 2 quarts of water, 1½ oz. of butter, a little salt.

Mode.—Wash the rice well in two waters; make 2 quarts of water boiling, and throw the rice into it; boil it until three-parts done, then drain it on a sieve. Butter the bottom and sides of a stewpan, put in the rice, place the lid on tightly, and set it by the side of the fire until the rice is perfectly tender, occasionally shaking the pan to prevent its sticking. Prepared thus, every grain should be separate and white. Either dish it separately, or place it round the curry as a border.

Time.—15 to 25 minutes.

Average cost, 7d.

Sufficient for 2 moderate-sized curries.

Seasonable at any time.
MRS. ISABELLA BEETON

BUTTERED RICE.

1349. INGREDIENTS.—¼ lb. of rice, 1-½ pint of milk, 2 oz. of butter, sugar to taste, grated nutmeg or pounded cinnamon.

Mode.—Wash and pick the rice, drain and put it into a saucepan with the milk; let it swell gradually, and, when tender, pour off the milk; stir in the butter, sugar, and nutmeg or cinnamon, and, when the butter is thoroughly melted, and the whole is quite hot, serve. After the milk is poured off, be particular that the rice does not burn: to prevent this, do not cease stirring it.

Time.—About ¾ hour to swell the rice.

Average cost, 7d.

Sufficient for 4 or 5 persons.

Seasonable at any time.

RICE was held in great esteem by the ancients: they considered it as a very beneficial food for the chest; therefore it was recommended in cases of consumption, and to persons subject to spitting of blood.

SAVOURY CASSEROLE OF RICE.
Or Rice Border, for Ragouts, Fricassee, &c. (an Entree).

1350. INGREDIENTS.—1-½ lb. of rice, 3 pints of weak stock or broth, 2 slices of fat ham, 1 teaspoonful of salt.

Mode.—A casserole of rice, when made in a mould, is not such a difficult operation as when it is moulded by the hand. It is an elegant and inexpensive entrée, as the remains of cold fish, flesh, or fowl may be served as ragoûts, fricasese, &c., inclosed in the casserole. It requires great nicety in its preparation, the principal thing to attend to being the boiling of the rice, as, if this is not sufficiently cooked, the casserole, when moulded, will have a rough appearance, which would entirely spoil it. After having washed the rice in two or three waters, drain it well, and put it into a stewpan with the stock, ham, and salt; cover the pan closely, and let the rice gradually swell over a slow fire, occasionally stirring, to prevent its sticking. When it is quite soft, strain it, pick out the pieces of ham, and, with the back of a large wooden spoon, mash the rice to a perfectly smooth paste. Then well grease a mould (moulds are made purposely for rice borders), and turn it upside down for a minute or two, to drain away the fat, should there be too much; put some rice all round the bottom and sides of it; place a piece of soft bread in the middle, and cover it with rice; press it in equally with the spoon, and let it cool. Then dip the mould into hot water, turn the casserole carefully on to a dish, mark where the lid is to be formed on the top, by making an incision with the point of a knife about an inch from the edge all round, and put it into a very hot
oven. Brush it over with a little clarified butter, and bake about ½ hour, or rather longer; then carefully remove the lid, which will be formed by the incision having been made all round, and remove the bread, in small pieces, with the point of a penknife, being careful not to injure the casserole. Fill the centre with the ragoût or fricassee, which should be made thick; put on the cover, glaze it, place it in the oven to set the glaze, and serve as hot as possible. The casserole should not be emptied too much, as it is liable to crack from the weight of whatever is put in; and in baking it, let the oven be very hot, or the casserole will probably break.

*Time.*—About ¾ hour to swell the rice.

*Sufficient* for 2 moderate-sized casserole.

*Seasonable* at any time.

**SWEET CASSEOLE OF RICE**

(an Entremets).

1351. **INGREDIENTS.**—1½ lb. of rice, 3 pints of milk, sugar to taste, flavouring of bitter almonds, 3 oz. of butter, the yolks of 3 eggs.

*Mode.*—This is made in precisely the same manner as a savoury casserole, only substituting the milk and sugar for the stock and salt. Put the milk into a stewpan, with sufficient essence of bitter almonds to flavour it well; then add the rice, which should be washed, picked, and drained, and let it swell gradually in the milk over a slow fire. When it is tender, stir in the sugar, butter, and yolks of eggs; butter a mould, press in the rice, and proceed in exactly the same manner as in recipe No. 1350. When the casserole is ready, fill it with a compôte of any fruit that may be preferred, or with melted apricot-jam, and serve.

*Time.*—From ¾ to 1 hour to swell the rice, ½ to ¾ hour to bake the casserole.

*Average cost*, exclusive of the compôte or jam, 1s. 9d.

*Sufficient* for 2 casseroles.

*Seasonable* at any time.

**FRENCH RICE PUDDING, or GATEAU DE RIZ.**

1352. **INGREDIENTS.**—To every ¼ lb. of rice allow 1 quart of milk, the rind of 1 lemon, ½ teaspoonful of salt, sugar to taste, 4 oz. of butter, 6 eggs, bread crumbs.

*Mode.*—Put the milk into a stewpan with the lemon-rind, and let it infuse for ½ hour, or until the former is well flavoured; then take out the peel; have ready the rice washed, picked, and drained; put it into the milk, and let it gradually swell over a very slow fire. Stir in the butter, salt, and sugar, and when properly sweetened, add the yolks of the eggs, and then the whites, both of which should be well beaten, and added separately to the rice. Butter a mould, strew in some fine bread crumbs, and let them be spread equally over it; then carefully pour in the rice, and bake the pudding in a
slow oven for 1 hour. Turn it out of the mould, and garnish the dish with preserved cherries, or any bright-coloured jelly or jam. This pudding would be exceedingly nice, flavoured with essence of vanilla.

Time.—¾ to 1 hour for the rice to swell; to be baked 1 hour in a slow oven.

Average cost, 1s. 8d.

Sufficient for 5 or 6 persons. Seasonable at any time.

BAKED OR BOILED GROUND RICE PUDDING.

1353. INGREDIENTS.—2 pints of milk, 6 tablespoonfuls of ground rice, sugar to taste, 4 eggs, flavouring of lemon-rind, nutmeg, bitter almonds or bay-leaf.

Mode.—Put 1-½ pint of the milk into a stewpan, with any of the above flavourings, and bring it to the boiling-point, and, with the other ½ pint of milk, mix the ground rice to a smooth batter; strain the boiling milk to this, and stir over the fire until the mixture is tolerably thick; then pour it into a basin, leave it uncovered, and when nearly or quite cold, sweeten it to taste, and add the eggs, which should be previously well beaten, with a little salt. Put the pudding into a well-buttered basin, tie it down with a cloth, plunge it into boiling water, and boil for 1-½ hour. For a baked pudding, proceed in precisely the same manner, only using half the above proportion of ground rice, with the same quantity of all the other ingredients: an hour will bake the pudding in a moderate oven. Stewed fruit, or preserves, or marmalade, may be served with either the boiled or baked pudding, and will be found an improvement.

Time.—1-½ hour to boil, 1 hour to bake. Average cost, 10d.

Sufficient for 5 or 6 persons. Seasonable at any time.

ICED RICE PUDDING.

1354. INGREDIENTS.—6 oz. of rice, 1 quart of milk, ½ lb. of sugar, the yolks of 6 eggs, 1 small teaspoonful of essence of vanilla.

Mode.—Put the rice into a stewpan, with the milk and sugar, and let these simmer over a gentle fire until the rice is sufficiently soft to break up into a smooth mass, and should the milk dry away too much, a little more may be added. Stir the rice occasionally, to prevent its burning, then beat it to a smooth mixture; add the yolks of the eggs, which should be well whisked, and the vanilla (should this flavouring not be liked, essence of bitter almonds may be substituted for it); put this rice custard into the freezing-pot, and proceed as directed in recipe No. 1290. When wanted for table, turn the pudding out of the mould, and pour over the top, and round it, a compôte of oranges, or any other fruit that may be preferred, taking care that the flavouring in the pudding harmonizes well with the fruit that is served with it.

Time.—½ hour to freeze the mixture.

Average cost, 1s. 6d.; exclusive of the compôte, 1s. 4d.
Seasonable.—Served all the year round.

MINIATURE RICE PUDDINGS.

1355. INGREDIENTS.—¼ lb. of rice, 1-½ pint of milk, 2 oz. of fresh butter, 4 eggs, sugar to taste; flavouring of lemon-peel, bitter almonds, or vanilla; a few strips of candied peel.

Mode.—Let the rice swell in 1 pint of the milk over a slow fire, putting with it a strip of lemon-peel; stir to it the butter and the other ½ pint of milk, and let the mixture cool. Then add the well-beaten eggs, and a few drops of essence of almonds or essence of vanilla, whichever may be preferred; butter well some small cups or moulds, line them with a few pieces of candied peel sliced very thin, fill them three parts full, and bake for about 40 minutes; turn them out of the cups on to a white d'oyley, and serve with sweet sauce. The flavouring and candied peel might be omitted, and stewed fruit or preserve served instead, with these puddings.

Time.—40 minutes. Average cost, 1s.

Sufficient for 6 puddings. Seasonable at any time.

ARROWROOT SAUCE FOR PUDDINGS.

1356. INGREDIENTS.—2 small teaspoonfuls of arrowroot, 4 dessert-spoonfuls of pounded sugar, the juice of 1 lemon, ¼ teaspoonful of grated nutmeg, ½ pint of water.

Mode.—Mix the arrowroot smoothly with the water; put this into a stewpan; add the sugar, strained lemon-juice, and grated nutmeg. Stir these ingredients over the fire until they boil, when the sauce is ready for use. A small quantity of wine, or any liqueur, would very much improve the flavour of this sauce: it is usually served with bread, rice, custard, or any dry pudding that is not very rich.

Time.—Altogether, 15 minutes.

Average cost, 4d.

Sufficient for 6 or 7 persons.

CHERRY SAUCE FOR SWEET PUDDINGS.

(German Recipe.)

1357. INGREDIENTS.—1 lb. of cherries, 1 tablespoonful of flour, 1 oz. of butter, ½ pint of water, 1 wineglassful of port wine, a little grated lemon-rind, 4 pounded cloves, 2 tablespoonfuls of lemon-juice, sugar to taste.

Mode.—Stone the cherries, and pound the kernels in a mortar to a smooth paste; put the butter and flour into a saucepan; stir them over the fire until of a pale brown; then add the cherries, the pounded kernels, the wine, and the water. Simmer these gently for ¼ hour, or until the cherries are quite cooked, and rub the whole through a hair sieve; add the remaining ingredients, let the sauce boil for another 5 minutes, and
serve. This is a delicious sauce to serve with boiled batter pudding, and when thus used, should be sent to table poured over the pudding.

*Time.*—20 minutes to ½ hour. *Average cost*, 1s. 1d.

*Sufficient* for 4 or 5 persons. *Seasonable* in June, July, and August.

### LEMON SAUCE FOR SWEET PUDDINGS.

1358. **INGREDIENTS.**—The rind and juice of 1 lemon, 1 tablespoonful of flour, 1 oz. of butter, 1 large wineglassful of sherry, 1 wineglassful of water, sugar to taste, the yolks of 4 eggs.

*Mode.*—Rub the rind of the lemon on to some lumps of sugar; squeeze out the juice, and strain it; put the butter and flour into a saucepan, stir them over the fire, and when of a pale brown, add the wine, water, and strained lemon-juice. Crush the lumps of sugar that were rubbed on the lemon; stir these into the sauce, which should be very sweet. When these ingredients are well mixed, and the sugar is melted, put in the beaten yolks of 4 eggs; keep stirring the sauce until it thickens, when serve. Do not, on any account, allow it to boil, or it will curdle, and be entirely spoiled.

*Time.*—Altogether, 15 minutes. *Average cost*, 1s. 2d.

*Sufficient* for 7 or 8 persons.

### SOYER'S SAUCE FOR PLUM-PUDDING.

1359. **INGREDIENTS.**—The yolks of 3 eggs, 1 tablespoonful of powdered sugar, 1 gill of milk, a very little grated lemon-rind, 2 small wineglassfuls of brandy.

*Mode.*—Separate the yolks from the whites of 3 eggs, and put the former into a stewpan; add the sugar, milk, and grated lemon-rind, and stir over the fire until the mixture thickens; but do *not* allow it to *boil*. Put in the brandy; let the sauce stand by the side of the fire, to get quite hot; keep stirring it, and serve in a boat or tureen separately, or pour it over the pudding.

*Time.*—Altogether, 10 minutes. *Average cost*, 1s.

*Sufficient* for 6 or 7 persons.

### SWEET SAUCE FOR PUDDINGS.

1360. **INGREDIENTS.**—½ pint of melted butter made with milk, 4 heaped teaspoonfuls of pounded sugar, flavouring; of grated lemon-rind, or nutmeg, or cinnamon.

*Mode.*—Make ½ pint of melted butter by recipe No. 380, omitting the salt; stir in the sugar, add a little grated lemon-rind, nutmeg, or powdered cinnamon, and serve. Previously to making the melted butter, the milk can be flavoured with bitter almonds, by infusing about half a dozen of them in it for about ½ hour; the milk should then be
strained before it is added to the other ingredients. This simple sauce may be served for children with rice, batter, or bread pudding.

*Time*.—Altogether, 15 minutes. *Average cost*, 4d.

*Sufficient* for 6 or 7 persons.

**VANILLA CUSTARD SAUCE, to serve with Puddings.**

1361. INGREDIENTS.—½ pint of milk, 2 eggs, 2 oz. of sugar, 10 drops of essence of vanilla.

*Mode*.—Beat the eggs, sweeten the milk; stir these ingredients well together, and flavour them with essence of vanilla, regulating the proportion of this latter ingredient by the strength of the essence, the size of the eggs, &c. Put the mixture into a small jug, place this jug in a saucepan of boiling water, and stir the sauce one way until it thickens; but do not allow it to boil, or it will instantly curdle. Serve in a boat or tureen separately, with plum, bread, or any kind of dry pudding. Essence of bitter almonds or lemon-rind may be substituted for the vanilla, when they are more in accordance with the flavouring of the pudding with which the sauce is intended to be served.

*Time*.—To be stirred in the jug from 8 to 10 minutes.

*Average cost*, 4d.

*Sufficient* for 4 or 5 persons.

**AN EXCELLENT WINE SAUCE FOR PUDDINGS.**

1362. INGREDIENTS.—The yolks of 4 eggs, 1 teaspoonful of flour, 2 oz. of pounded sugar, 2 oz. of fresh butter, ¼ saltspoonful of salt, ½ pint of sherry or Madeira.

*Mode*.—Put the butter and flour into a saucepan, and stir them over the fire until the former thickens; then add the sugar, salt, and wine, and mix these ingredients well together. Separate the yolks from the whites of 4 eggs; beat up the former, and stir them briskly to the sauce; let it remain over the fire until it is on the point of simmering; but do not allow it to boil, or it will instantly curdle. This sauce is delicious with plum, marrow, or bread puddings; but should be served separately, and not poured over the pudding.

*Time*.—From 5 to 7 minutes to thicken the butter; about 5 minutes to stir the sauce over the fire.

*Average cost*, 1s. 10d.

*Sufficient* for 7 or 8 persons.
WINE OR BRANDY SAUCE FOR PUDDINGS.

1363. INGREDIENTS.—½ pint of melted butter No. 377, 3 heaped teaspoonfuls of pounded sugar; 1 large wineglassful of port or sherry, or ¾ of a small glassful of brandy.

Mode.—Make ½ pint of melted butter by recipe No. 377, omitting the salt; then stir in the sugar and wine or spirit in the above proportion, and bring the sauce to the point of boiling. Serve in a boat or tureen separately, and, if liked, pour a little of it over the pudding. To convert this into punch sauce, add to the sherry and brandy a small wineglassful of rum and the juice and grated rind of ½ lemon. Liqueurs, such as Maraschino or Curaçao substituted for the brandy, make excellent sauces.

Time.—Altogether, 15 minutes. Average cost, 8d.

Sufficient for 6 or 7 persons.

WINE SAUCE FOR PUDDINGS.

1364. INGREDIENTS.—½ pint of sherry, ¼ pint of water, the yolks of 6 eggs, 2 oz. of pounded sugar, ½ teaspoonful of minced lemon-peel, a few pieces of candied citron cut thin.

Mode.—Separate the yolks from the whites of 5 eggs; beat them, and put them into a very clean saucepan (if at hand, a lined one is best); add all the other ingredients, place them over a sharp fire, and keep stirring until the sauce begins to thicken; then take it off and serve. If it is allowed to boil, it will be spoiled, as it will immediately curdle.

Time.—To be stirred over the fire 3 or 4 minutes; but it must not boil.

Average cost, 2s.

Sufficient for a large pudding; allow half this quantity for a moderate-sized one.

Seasonable at any time.

OPEN TART OF STRAWBERRY OR ANY OTHER KIND OF PRESERVE.

1365. INGREDIENTS.—Trimmings of puff-paste, any kind of jam.
Mode.—Butter a tart-pan of the shape shown in the engraving, roll out the paste to the thickness of \( \frac{1}{2} \) an inch, and line the pan with it; prick a few holes at the bottom with a fork, and bake the tart in a brisk oven from 10 to 15 minutes. Let the paste cool a little; then fill it with preserve, place a few stars or leaves on it, which have been previously cut out of the paste and baked, and the tart is ready for table. By making it in this manner, both the flavour and colour of the jam are preserved, which would otherwise be lost, were it baked in the oven on the paste; and, besides, so much jam is not required.

Time.—10 to 15 minutes. Average cost, 8d.

Sufficient.—1 tart for 3 persons. Seasonable at any time.

STRAWBERRY.—The name of this favourite fruit is said to be derived from an ancient custom of putting straw beneath the fruit when it began to ripen, which is very useful to keep it moist and clean. The strawberry belongs to temperate and rather cold climates; and no fruit of these latitudes, that ripens without the aid of artificial heat, is at all comparable with it in point of flavour. The strawberry is widely diffused, being found in most parts of the world, particularly in Europe and America.

QUICKLY-MADE PUDDINGS.

1366. INGREDIENTS.—\( \frac{1}{4} \) lb. of butter, \( \frac{1}{2} \) lb. of sifted sugar, \( \frac{1}{4} \) lb. of flour, 1 pint of milk, 5 eggs, a little grated lemon-rind.

Mode.—Make the milk hot; stir in the butter, and let it cool before the other ingredients are added to it; then stir in the sugar, flour, and eggs, which should be well whisked, and omit the whites of 2; flavour with a little grated lemon-rind, and beat the mixture well. Butter some small cups, rather more than half fill them; bake from 20 minutes to \( \frac{1}{2} \) hour, according to the size of the puddings, and serve with fruit, custard, or wine sauce, a little of which may be poured over them.

Time.—20 minutes to \( \frac{1}{2} \) hour. Average cost, 1s. 2d.

Sufficient for 6 puddings. Seasonable at any time.

SAGO PUDDING.

1367. INGREDIENTS.—1-\( \frac{1}{2} \) pint of milk, 3 tablespoonfuls of sago, the rind of \( \frac{1}{2} \) lemon, 3 oz. of sugar, 4 eggs, 1-\( \frac{1}{2} \) oz. of butter, grated nutmeg, puff-paste.

Mode.—Put the milk and lemon-rind into a stewpan, place it by the side of the fire, and let it remain until the milk is well flavoured with the lemon; then strain it, mix with it the sago and sugar, and simmer gently for about 15 minutes. Let the mixture cool a little, and stir to it the eggs, which should be well beaten, and the butter. Line the edges of a pie-dish with puff-paste, pour in the pudding, grate a little nutmeg over the top, and bake from \( \frac{3}{4} \) to 1 hour.

Time.—\( \frac{3}{4} \) to 1 hour, or longer if the oven is very slow.

Average cost, 1s.
Sufficient for 5 or 6 persons. Seasonable at any time.

Note.—The above pudding may be boiled instead of baked; but then allow 2 extra tablespoonsfuls of sago, and boil the pudding in a buttered basin from 1¼ to 1¾ hour.

SAGO.—Sago is the pith of a species of palm (Cycas circinalis). Its form is that of a small round grain. There are two sorts of sago,—the white and the yellow; but their properties are the same. Sago absorbs the liquid in which it is cooked, becomes transparent and soft, and retains its original shape. Its alimentary properties are the same as those of tapioca and arrowroot.

**SAGO SAUCE FOR SWEET PUDDINGS.**

1368. **INGREDIENTS.**—1 tablespoonful of sago, 1/3 pint of water, ¼ pint of port or sherry, the rind and juice of 1 small lemon, sugar to taste; when the flavour is liked, a little pounded cinnamon.

**Mode.**—Wash the sago in two or three waters; then put it into a saucepan, with the water and lemon-peel; let it simmer gently by the side of the fire for 10 minutes; then take out the lemon-peel, add the remaining ingredients, give one boil, and serve. Be particular to strain the lemon-juice before adding it to the sauce. This, on trial, will be found a delicious accompaniment to various boiled puddings, such as those made of bread, raisins, rice, &c.

**Time.**—10 minutes. **Average cost,** 9d.

Sufficient for 7 or 8 persons.

**BAKED SEMOLINA PUDDING.**

1369. **INGREDIENTS.**—3 oz. of semolina, 1½ pint of milk, ¼ lb. of sugar, 12 bitter almonds, 3 oz. of butter, 4 eggs.

**Mode.**—Flavour the milk with the bitter almonds, by infusing them in it by the side of the fire for about ½ hour; then strain it, and mix with it the semolina, sugar, and butter. Stir these ingredients over the fire for a few minutes; then take them off, and gradually mix in the eggs, which should be well beaten. Butter a pie-dish, line the edges with puff-paste, put in the pudding, and bake in rather a slow oven from 40 to 50 minutes. Serve with custard sauce or stewed fruit, a little of which may be poured over the pudding.

**Time.**—40 to 50 minutes. **Average cost,** 1s. 2d.

Sufficient for 5 or 6 persons. Seasonable at any time.

SEMOLINA.—After vermicelli, semolina is the most useful ingredient that can be used for thickening soups, meat or vegetable, of rich or simple quality. Semolina is softening, light, wholesome, easy of digestion, and adapted to the infant, the aged, and the invalid. That of a clear yellow colour, well dried and newly made, is the fittest for use.
TAPIOCA PUDDING.

1370. INGREDIENTS.—3 oz. of tapioca, 1 quart of milk, 2 oz. of butter, ¼ lb. of sugar, 4 eggs, flavouring of vanilla, grated lemon-rind, or bitter almonds.

Mode.—Wash the tapioca, and let it stew gently in the milk by the side of the fire for ¼ hour, occasionally stirring it; then let it cool a little; mix with it the butter, sugar, and eggs, which should be well beaten, and flavour with either of the above ingredients, putting in about 12 drops of the essence of almonds or vanilla, whichever is preferred. Butter a pie-dish, and line the edges with puff-paste; put in the pudding, and bake in a moderate oven for an hour. If the pudding is boiled, add a little more tapioca, and boil it in a buttered basin 1½ hour.

Time.—1 hour to bake, 1½ hour to boil.

Average cost, 1s. 2d.

Sufficient for 5 or 6 persons. Seasonable at any time.

TAPIOCA.—Tapioca is recommended to the convalescent, as being easy of digestion. It may be used in soup or broth, or mixed with milk or water, and butter. It is excellent food for either the healthy or sick, for the reason that it is so quickly digested without fatigue to the stomach.

TARTLETS.

1371. INGREDIENTS.—Trimmings of puff-paste, any jam or marmalade that may be preferred.

Mode.—Roll out the paste to the thickness of about ½ inch; butter some small round patty-pans, line them with it, and cut off the superfluous paste close to the edge of the pan. Put a small piece of bread into each tartlet (this is to keep them in shape), and bake in a brisk oven for about 10 minutes, or rather longer. When they are done, and are of a nice colour, take the pieces of bread out carefully, and replace them by a spoonful of jam or marmalade. Dish them high on a white d’oyley, piled high in the centre, and serve.

Time.—10 to 15 minutes. Average cost, 1d. each. Sufficient.—1 lb. of paste will make 2 dishes of tartlets. Seasonable at any time.

ROLLED TREACLE PUDDING.

1372. INGREDIENTS.—1 lb. of suet crust No. 1215, 1 lb. of treacle, ½ teaspoonful of grated ginger.

Mode.—Make, with 1 lb. of flour, a suet crust by recipe No. 1215; roll it out to the thickness of ½ inch, and spread the treacle equally over it, leaving a small margin where the paste joins; close the ends securely, tie the pudding in a floured cloth, plunge it into boiling water, and boil for 2 hours. We have inserted this pudding,
being economical, and a favourite one with children; it is, of course, only suitable for a nursery, or very plain family dinner. Made with a lard instead of a suet crust, it would be very nice baked, and would be sufficiently done in from 1-½ to 2 hours.

*Time.*—Boiled pudding, 2 hours; baked pudding, 1-½ to 2 hours.

*Average cost,* 7d.

*Sufficient* for 5 or 6 persons. *Seasonable* at any time.

**MEAT OR SAUSAGE ROLLS.**

1373. INGREDIENTS.—1 lb. of puff-paste No. 1206, sausage-meat No. 837, the yolk of 1 egg.

*Mode.*—Make 1 lb. of puff-paste by recipe No. 1206; roll it out to the thickness of about ½ inch, or rather less, and divide it into 8, 10, or 12 squares, according to the size the rolls are intended to be. Place some sausage-meat on one-half of each square, wet the edges of the paste, and fold it over the meat; slightly press the edges together, and trim them neatly with a knife. Brush the rolls over with the yolk of an egg, and bake them in a well-heated oven for about ½ hour, or longer should they be very large. The remains of cold chicken and ham, minced and seasoned, as also cold veal or beef, make very good rolls.

*Time.*—½ hour, or longer if the rolls are large.

*Average cost,* 1s. 6d.

*Sufficient.*—1 lb. of paste for 10 or 12 rolls.

*Seasonable,* with sausage-meat, from September to March or April.

**SOMERSETSHIRE PUDDINGS.**

1374. INGREDIENTS.—3 eggs, their weight in flour, pounded sugar and butter, flavouring of grated lemon-rind, bitter almonds, or essence of vanilla.

*Mode.*—Carefully weigh the various ingredients, by placing on one side of the scales the eggs, and on the other the flour; then the sugar, and then the butter. Warm the butter, and with the hands beat it to a cream; gradually dredge in the flour and pounded sugar, and keep stirring and beating the mixture without ceasing until it is perfectly smooth. Then add the eggs, which should be well whisked, and either of the above flavourings that may be preferred; butter some small cups, rather more than half-fill them, and bake in a brisk oven for about ½ hour. Turn them out, dish them on a napkin, and serve custard or wine-sauce with them. A pretty little supper-dish may be made of these puddings cold, by cutting out a portion of the inside with the point of a knife, and putting into the cavity a little whipped cream or delicate preserve, such as apricot, greengage, or very bright marmalade. The paste for these puddings requires a great deal of mixing, as the more it is beaten, the better will the puddings be. When served cold, they are usually called *gâteaux à la Madeleine.*
THE BOOK OF HOUSEHOLD MANAGEMENT

**SUET PUDDING, to serve with Roast Meat.**

1375. INGREDIENTS.—1 lb. of flour, 6 oz. of finely-chopped suet, ½ saltspoonful of salt, ½ saltspoonful of pepper, ½ pint of milk or water.

Mode.—Chop the suet very finely, after freeing it from skin, and mix it well with the flour; add the salt and pepper (this latter ingredient may be omitted if the flavour is not liked), and make the whole into a smooth paste with the above proportion of milk or water. Tie the pudding in a floured cloth, or put it into a buttered basin, and boil from 2-½ to 3 hours. To enrich it, substitute 3 beaten eggs for some of the milk or water, and increase the proportion of suet.

**VERMICELLI PUDDING.**

1377. INGREDIENTS.—4 oz. of vermicelli, 1-½ pint of milk, ½ pint of cream, 3 oz. of butter, 3 oz. of sugar, 4 eggs.

Mode.—Boil the vermicelli in the milk until it is tender; then stir in the remaining ingredients, omitting the cream, if not obtainable. Flavour the mixture with grated
lemon-rind, essence of bitter almonds, or vanilla; butter a pie-dish; line the edges with puff-paste, put in the pudding, and bake in a moderate oven for about ¾ hour.

*Time.*—¾ hour.

*Average cost,* 1s. 2d. without cream.

*Sufficient* for 5 or 6 persons.

*Seasonable* at any time.

VERMICELLI.—The finest vermicelli comes from Marseilles, Nimes, and Montpellier. It is a nourishing food, and owes its name to its peculiar thread-like form. Vermicelli means, little worms.

**VICARAGE PUDDING.**

1378. **INGREDIENTS.**—¼ lb. of flour, ¼ lb. of chopped suet, ¼ lb. of currants, ¼ lb. of raisins, 1 tablespoonful of moist sugar, ½ teaspoonful of ground ginger, ½ saltspoonful of salt.

*Mode.*—Put all the ingredients into a basin, having previously stoned the raisins, and washed, picked, and dried the currants; mix well with a clean knife; dip the pudding-cloth into boiling water, wring it out, and put in the mixture. Have ready a saucepan of boiling water, plunge in the pudding, and boil for 3 hours. Turn it out on the dish, and serve with sifted sugar.

*Time.*—3 hours.

*Average cost,* 8d.

*Sufficient* for 5 or 6 persons.

*Seasonable.*—Suitable for a winter pudding.

**VOL-AU-VENT**

*(an Entree).*

1379. **INGREDIENTS.**—¾ to 1 lb. of puff-paste No. 1208, fricasseed chickens, rabbits, ragouts, or the remains of cold fish, flaked and warmed in thick white sauce.

*Mode.*—Make from ¾ to 1 lb. of puff-paste, by recipe No. 1208, taking care that it is very evenly rolled out each time, to insure its rising properly; and if the paste is not extremely light, and put into a good hot oven, this cannot be accomplished, and the *vol-au-vent* will look very badly. Roll out the paste to the thickness of about 1½ inch, and, with a fluted cutter, stamp it out to the desired shape, either round or oval, and, with the point of a small
knife, make a slight incision in the paste all round the top, about an inch from the edge, which, when baked, forms the lid. Put the vol-au-vent into a good brisk oven, and keep the door shut for a few minutes after it is put in. Particular attention should be paid to the heating of the oven, for the paste cannot rise without a tolerable degree of heat. When of a nice colour, without being scorched, withdraw it from the oven, instantly remove the cover where it was marked, and detach all the soft crumb from the centre: in doing this, be careful not to break the edges of the vol-au-vent; but should they look thin in places, stop them with small flakes of the inside paste, stuck on with the white of an egg. This precaution is necessary to prevent the fricassee or ragoût from bursting the case, and so spoiling the appearance of the dish. Fill the vol-au-vent with a rich mince, or fricassee, or ragoût, or the remains of cold fish flaked and warmed in a good white sauce, and do not make them very liquid, for fear of the gravy bursting the crust: replace the lid, and serve. To improve the appearance of the crust, brush it over with the yolk of an egg after it has risen properly.—See coloured plate O1.

Time.—¾ hour to bake the vol-au-vent.

Average cost, exclusive of interior, 1s. 6d.

Seasonable at any time.

Note.—Small vol-au-vents may be made like those shown in the engraving, and filled with minced veal, chicken, &c. They should be made of the same paste as the larger ones, and stamped out with a small fluted cutter.

SWEET VOL-AU-VENT OF PLUMS, APPLES, OR ANY OTHER FRESH FRUIT.

1380. INGREDIENTS.—¾ lb. of puff-paste No. 1208, about 1 pint of fruit compôte.

Mode.—Make ½ lb. of puff-paste by recipe No. 1208, taking care to bake it in a good brisk oven, to draw it up nicely and make it look light. Have ready sufficient stewed fruit, the syrup of which must be boiled down until very thick; fill the vol-au-vent with this, and pile it high in the centre; powder a little sugar over it, and put it back in the oven to glaze, or use a salamander for the purpose: the vol-au-vent is then ready to serve. They may be made with any fruit that is in season, such as rhubarb, oranges, gooseberries, currants, cherries, apples, &c.; but care must be taken not to have the syrup too thin, for fear of its breaking through the crust.

Time.—½ hour to 40 minutes to bake the vol-au-vent.

Average cost, exclusive of the compôte, 1s. 1d.

Sufficient for 1 entremets.
VOL-AU-VENT OF FRESH STRAWBERRIES WITH WHIPPED CREAM.

1381. INGREDIENTS.—¾ lb. of puff-paste No. 1208, 1 pint of freshly-gathered strawberries, sugar to taste, a plateful of whipped cream.

Mode.—Make a vol-au-vent case by recipe No. 1379, only not quite so large nor so high as for a savoury one. When nearly done, brush the paste over with the white of an egg, then sprinkle on it some pounded sugar, and put it back in the oven to set the glaze. Remove the interior, or soft crumb, and, at the moment of serving, fill it with the strawberries, which should be picked, and broken up with sufficient sugar to sweeten them nicely. Place a few spoonfuls of whipped cream on the top, and serve.

Time.—½ hour to 40 minutes to bake the vol-au-vent.

Average cost, 2s. 3d.

Sufficient for 1 vol-au-vent.

Seasonable in June and July.

STRAWBERRY.—Among the Greeks, the name of the strawberry indicated its tenuity, this fruit forming hardly a mouthful. With the Latins, the name reminded one of the delicious perfume of this plant. Both nations were equally fond of it, and applied the same care to its cultivation. Virgil appears to place it in the same rank with flowers; and Ovid gives it a tender epithet, which delicate palates would not disavow. Neither does this luxurious poet forget the wild strawberry, which disappears beneath its modest foliage, but whose presence the scented air reveals.

WEST-INDIAN PUDDING.

1382. INGREDIENTS.—1 pint of cream, ½ lb. of loaf-sugar, ½ lb. of Savoy or sponge-cakes, 8 eggs, 3 oz. of preserved green ginger. Mode.—Crumble down the cakes, put them into a basin, and pour over them the cream, which should be previously sweetened and brought to the boiling-point; cover the basin, well beat the eggs, and when the cream is soaked up, stir them in. Butter a mould, arrange the ginger round it, pour in the pudding carefully, and tie it down with a cloth; steam or boil it slowly for 1-½ hour, and serve with the syrup from the ginger, which should be warmed, and poured over the pudding.

Time.—1-½ hour. Average cost, with cream at 1s. per pint, 2s. 8d.

Sufficient for 5 or 6 persons. Seasonable at any time.

YEAST DUMPLINGS.

1383. INGREDIENTS.—½ quartern of dough, boiling water.

Mode.—Make a very light dough as for bread, using to mix it, milk, instead of water; divide it into 7 or 8 dumplings; plunge them into boiling water, and boil them for 20 minutes. Serve the instant they are taken up, as they spoil directly, by falling and becoming heavy; and in eating them do not touch them with a knife, but tear them
apart with two forks. They may be eaten with meat gravy, or cold butter and sugar, and if not convenient to make the dough at home, a little from the baker's answers as well, only it must be placed for a few minutes near the fire, in a basin with a cloth over it, to let it rise again before it is made into dumplings.

Time.—20 minutes. Average cost, 4d.

Sufficient for 5 or 6 persons. Seasonable at any time.

YEAST consists principally of a substance very similar in composition, and in many of its sensible properties, to gluten; and, when new or fresh, it is inflated and rendered frothy by a large quantity of carbonic acid. When mixed with wort, this substance acts upon the saccharine matter; the temperature rises, carbonic acid is disengaged, and the result is ale, which always contains a considerable proportion of alcohol, or spirit. The quantity of yeast employed in brewing ale being small, the saccharine matter is but imperfectly decomposed: hence a considerable portion of it remains in the liquor, and gives it that viscid quality and body for which it is remarkable. The fermenting property of yeast is weakened by boiling for ten minutes, and is entirely destroyed by continuing the boiling. Alcohol poured upon it likewise renders it inert; on which account its power lessens as the alcohol is formed during fermentation.

YORKSHIRE PUDDING, to serve with hot Roast Beef.

1384. INGREDIENTS.—1½ pint of milk, 6 large tablespoonfuls of flour, 3 eggs, 1 saltspoonful of salt.

Mode.—Put the flour into a basin with the salt, and stir gradually to this enough milk to make it into a stiff batter. When this is perfectly smooth, and all the lumps are well rubbed down, add the remainder of the milk and the eggs, which should be well beaten. Beat the mixture for a few minutes, and pour it into a shallow tin, which has been previously well rubbed with beef dripping. Put the pudding into the oven, and bake it for an hour; then, for another ½ hour, place it under the meat, to catch a little of the gravy that flows from it. Cut the pudding into small square pieces, put them on a hot dish, and serve. If the meat is baked, the pudding may at once be placed under it, resting the former on a small three-cornered stand.

Time.—1½ hour. Average cost, 7d.

Sufficient for 5 or 6 persons. Seasonable at any time.