

The Finchley Manuals of Industry
Number 1

COOKING

First published in 1849

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The Finchley Manuals of Industry.
No. I.

C O O K I N G.

FINCHLEY MANUALS OF INDUSTRY.

No. II. GARDENING ; or, Practical and Economical Training, for the Management of a School or Cottage Garden : embracing a Knowledge of Soils and their Manures—The Art of Draining—Spade Husbandry—The Cultivation of Esculent Plants—The Treatment of the Grape-vine, Strawberry, Gooseberry and Currant Bushes, and Raspberry Canes—The Cottager's Flower Garden, &c. Price 10d.

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The Finchley Manuals of Industry.

No. I.

COOKING ;

OR,

PRACTICAL AND ECONOMICAL TRAINING

FOR THOSE WHO ARE TO BE

SERVANTS, WIVES, AND MOTHERS.

MANAGEMENT OF THE KITCHEN, PLAIN COOKING, BREAD-
MAKING, BAKING, BREWING, PICKLING,
ETC.

PREPARED FOR THE USE OF THE NATIONAL AND INDUSTRIAL
SCHOOLS OF THE HOLY TRINITY, AT FINCHLEY.

Third Edition.

LONDON :

JOSEPH MASTERS, ALDERSGATE STREET,
AND NEW BOND STREET.

MDCCLL.

NOTE.

THE Schools at Finchley, for which this Manual was originally prepared, educate the children of tradesmen and farmers as well as of poor persons: and the instruction given in this Manual is suitable for a Middle as well as for a National School.

THE FINCHLEY MANUALS OF INDUSTRY.

Now ready.

- No. 1. Cooking.
2. Gardening.
3. Household Work.

Preparing.

4. Needlework.
5. Washing and Laundry.
6. Cure of Children and Sick.
7. Management of Animals.

P R E F A C E .

THE general inefficiency of young female servants, and not unfrequently of elder ones, has long been a subject of complaint in families of the middle classes of society. What is the radical cause of this complaint? Ignorance—want of *practical training*, i. e., a want of education on a right principle.

“Young women,” observes a mistress, “offer themselves for household service, without possessing the slightest knowledge of their business. They profess themselves competent to do this thing, and that, and the other, while, in reality, they can neither cook, nor wash, nor scour, nor sew, nor do the most ordinary work of any sort. Pretending to *everything*, they can do *nothing*—literally nothing, as it ought to be done—without a long and tiresome course of training on the part of the mistress.”

And, let it be remarked, it is not every mistress

who may be qualified, by leisure, inclination, or attainments, for such a course of *constant* superintendence.

What are the consequences of all this? Perpetual discomfort and annoyance in families, with incessant change of servants.

If ignorance in servants, and their want of practical instruction and education in the performance of household duties, produce these evils in the families by whom they are engaged, how much more pernicious are their consequences, when they themselves become wives and mothers? Without a clean, active, industrious, intelligent, economical wife, what is the *poor man's home*—what is the home of his children? A den of filth and misery. Without a suitable companion to render his cottage or his apartments attractive for himself and his children, the husband and father too often is led to resort for what he looks for in vain at home, *solace*, to the beer-shop or the gin-shop, where he dissolutely and injuriously expends, in a single evening, a larger portion of his hardly-earned wages than would suffice for the decent and comfortable sustenance of himself and all his family (at home,) for half a week.

And this is the result of ignorance—of ignorance and *want of method* on the part of the woman—of ignorance, the bane of all happiness and virtue.

Let girls, therefore, as well as boys, be educated. Let them be thoroughly and *practically* instructed in all the household duties of humble life. Let them be so educated as to elevate their domestic, moral

and religious character. They will thus become more *alive* to their own respect, and more careful *to gain the respect* of others: they will be better servants, better wives, better mothers, and infinitely more valuable members of society.

Such are the laudable and important aims of *National* and *Industrial Schools*. Already have those institutions effected much, and they are rapidly advancing in the good work.

And it is as an humble auxiliary to the *National Industrial Schools* that this little work is offered.

Amongst the domestic arts and duties, *Cooking*—plain, simple, economical cooking—stands pre-eminent in utility and importance, as conducive to the comfort and due nourishment of men. With judgment on the part of the mistress, and attention on the part of the young girl preparing for service, the art may be acquired with facility, and with lasting advantage, as will appear in the following pages: the mistress of a school or of a family may, in her daily arrangements for dinner, by a catechetical examination of her young pupil or servant, impart the most valuable *practical* information. It will additionally facilitate the girl's acquirement of her art, if she will commit the principal *Questions* and *Answers* to memory. As another source of advantage, new questions will, from time to time, suggest themselves to the intelligent mistress, by which she can exercise the information and proficiency of her pupil.

On the same principle, and in the same manner, may be taught and learned the other domestic duties

treated of in this work—*Baking, Bread-making, Brewing, English Wine-making, and Pickling.*

The rudiments of these useful arts, once fixed in the mind, cannot fail, under favourable circumstances, to lead their possessor to a respectable position, if she remain in servitude; or, if favoured by Providence with a comfortable happy home of her own, though, in humble life, they will additionally render her, as wife, mother, and friend, a benefit and a blessing to all within her sphere.

RULES FOR THE KITCHEN.

Do every thing at its proper time.
Keep every thing to its proper use.
Put every thing in its proper place.
Use every thing in a proper manner.

IT IS YOUR DUTY TO BE

Up early. Prov. xx. 13.
Diligent at your work. Prov. xviii. 9.
Careful and not to waste. John vi. 12.
Obedient to your superiors. Col. iii. 22, 23.
Clean in your person, and neat in your dress. 1 Pet. iii. 3, 4.
Respectful in your manners. Titus ii. 9.
Kind to your fellow servants. Gal. vi. 2, and Ephes. iv. 32.
Civil to all. Matt. vii. 12.

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YOUNG COOK-MAID'S CATECHISM.

FIRST DUTIES OF A YOUNG COOK.

STRICT attention to *order* and *punctuality*, to *cleanliness* and *economy*, is essential to the success of every girl or young woman who has to go out into the world to gain her livelihood as a servant.

The following remarks and instructions are intended chiefly for such as may be called upon to take the place of *Cook* in the family of a respectable mechanic, a plain tradesman, or perhaps a small farmer whose pecuniary means are limited. In families of this description there can be but little money to spare for delicacies, and the cooking must necessarily be plain, simple, and economical—as to *waste*, it is a *sin*, and must never be practised whether the family you serve be rich or poor. It is your duty to be at least as careful of your master's property as if it were your own.

But plainness, simplicity, and economy, not only in

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cooking, but in dress, and in the general management of a family, are perfectly compatible with comfort, and with every social enjoyment.

If *order* and *punctuality*, *cleanliness* and *economy*, be indispensable qualifications in every servant, in whatever capacity, how much more so are they in a *Cook*, upon whom the comfort, enjoyment, and even health of a family depend? And how are these essential qualifications to be obtained and insured? In the first place by *early rising*. Always bear in mind, that, if you lose an hour in the morning, you will never recover it, though you may run after it the whole remainder of the day. By rising early, you are enabled to make a due allotment of your time, and thus to do all your work in regular order, without hurry or confusion. Unless you rise at a proper hour you will be unable to get the breakfast, dinner, or any other meal, ready for the family at the exact time it may be wanted. Failing in this, you subject your master and mistress, and the whole family, to the annoyance of waiting, and consequently derange the entire proceedings of the day. To persons engaged in business, or in any regular pursuit, and indeed to all right minded persons, time is exceedingly precious; and therefore, in causing a waste of their time, a servant, in addition to the mere inconvenience and worry which she thus occasions, subjects the family to an actual loss of property. Nothing can excuse or atone for a want of punctuality as to the exact stated hour for all meals, especially breakfast and dinner. The best cook in the world would be comparatively worthless, if she failed in keeping time. It is a far less evil that the dinner should have to wait for the family, than that the family should have to wait for the dinner.

The first business of the morning is to *light the kitchen fire*. Whilst the kettle is boiling, various little jobs may be done in dusting and cleaning, and

the breakfast for the family—of which more will be said hereafter—may be prepared.

Some

Directions for lighting a Fire

may here be useful :—

Clear out the ashes from the range, stove, or grate, leaving a few cinders at the bottom for a foundation. On the cinders place some crumpled waste paper, quite dry—or a few carpenter's shavings—or, if in the country, a little light brush-wood ; over which lay some dry sticks, or fire wood, across one another, and some of the largest and least burnt cinders ; then a few pieces of coal, each about the size of an egg up to that of an apple. Put a few pieces also between the bars. The fuel having been thus laid, set a light to the paper, shavings, or brush-wood, between the lowest bars, with a lighted match or small piece of paper, but by no means with a candle, which is a very untidy and wasteful plan. When the flame has fairly caught the coal, throw some small coal and cinders at the back, with a piece or two of larger coal in front, on the top. With a shovel—not with the scuttle—sprinkle a little small coal all over the top ; and then throw up all the refuse that is beneath the range or stove. A little practice, and the whole process will be accomplished within five minutes. Always be particular in keeping the fire-place and every thing about it quite clean.

It is desirable to remember that fires will not burn without the admission of air ; therefore, if the fuel be packed down hard and close, it will not light or burn freely. A fire burns up briskly when stirred—which should always be done from the bottom—because the stirring gives access to the air. The effect may sometimes be increased by opening a window for a few minutes. And when a fire has burned low, and appears to be nearly out, it may often be re-

covered by opening a window or door. If wanted to burn slowly, the fuel should be pressed together, but not too closely, or the fire will go out. Some fire-places will smoke when the fire is first lighted. When this is the case hold a large piece of lighted paper or brushwood, or a shovelful of hot embers, a little way up the chimney above the fire, and the smoke will then be forced up the chimney.

All fires should be carefully extinguished at night, by lifting off the large coal and caked cinders, and by raking out the smaller cinders; taking especial care that no hot coal rest upon or near any of the wood work.

To save time and trouble to herself, and time to everybody, the Cook must take care always to keep in certain places the different articles that are required for each meal—such as bread, butter, milk, salt, pepper, mustard, &c.—and return them to their places when done with. In a similar manner should all other articles required be kept at hand, in their respective places, and reserved for their specific uses. The "old woman's maxim," as it is termed—"A place for every thing and every thing in its place"—should never for a moment be lost sight of.

Having received her mistress's directions for dinner, the Cook must calculate the length of time, agreeably to instructions hereafter given, that whatever is to be dressed will require, and prepare accordingly; so that everything may be ready to send to table at the hour, and even minute, the dinner is ordered.

She must place on her dresser the different articles she will want—such as milk, eggs, flour, salt, pepper, spice, lard, butter, &c.—with the necessary dishes, plates, pans, basins, cloths, &c. And she must take care that her hands and her apron are clean, and her

sleeves turned up so as not to dip into the saucepans or dishes. Before taking up the dinner she must have the plates and dishes properly warmed.

After dinner, all the utensils which have been used in cooking should be thoroughly cleaned and put in their respective places. They should also be carefully wiped before they are again used, or whatever may be cooked in them will be likely to acquire a bad colour. *Saucepans* require especial care. They should be washed clean *immediately after being used*, turned bottom upwards to drain, and then be carefully dried.

It may here be remembered, that saucepans should always have their lids fit quite close. The best saucepans for general purposes are *iron saucepans*, as they are prepared for tinning, but *before they are tinned*. Good cooks and housewives prefer them in this state, as otherwise the tin is apt to melt from the sides, and run down to the bottom in small ridges which retain the dirt, and render it difficult to keep the utensils perfectly clean and sweet. But all soups, sauces, &c. that contain *acid*, must be prepared in tin saucepans, or in *iron saucepans tinned*. COPPER SAUCEPANS are decidedly objectionable: in the first place, they are very expensive; then, they require extraordinary attention and care to keep them in a safe, sweet, and wholesome state; and, if they are not so kept—if the tin be allowed to wear off, and the copper to become foul—they contract the green rust called *verdigris*, which is a rank poison.

Not only saucepans, dish-covers, and other iron and tin utensils, must be scoured, but dishes, plates, basins, and spoons—paste-boards, rolling-pins, pudding-cloths, jugs, glasses, &c.—must be carefully washed, wiped, and left dry and sweet.

All these disposed of, the dish-tub or keeler, and the sink, must be scoured free from grease—all the dirty water, and waste of all sorts, be thrown away—and the floor of the scullery or wash-house be

scrubbed, and well sluiced with fresh water, that all impurities may be removed, and all unpleasant smells be prevented. Be especially careful to throw away immediately the water that cabbage may have been boiled in, as, if allowed to stand, it will scent all the house most offensively.

Dish-covers, and other articles of *tin ware* that require to be kept bright, should be cleaned with rotten-stone and oil, or Spanish white, powdered very fine. *Silver or plated spoons and forks* may be kept in nice order by the same means.

For cleaning the *knives and forks*, it is usual to provide the cook with a properly made knife-board. This should be formed of an inch-deal board, five or six inches broad, and about five feet in length, with a hole at one end by which it may be hung up when not in use. At the left-hand end—the end where the hole is—and close to the front edge, should be fastened a stiff brush for cleansing the forks. At the right hand should be a box, with its open end towards the hand, and a sliding lid. The box should contain a Bath brick, leathers for forks, &c., so that the materials for cleaning may be shut in, and hung up with the board. After each meal, the knives that have been used should be dipped into hot water—the blades only, not the handles—and wiped and laid ready for cleaning. They are then cleaned much more easily and quickly.

It is a good plan, too, for forks, to fill an oyster barrel, or little box, with brick-dust, or sand, mixed with moss or chopped hay, kept damp, and well pressed down. By thrusting the prongs of the forks a few times into this, all stains will be removed.

After they have been rubbed clean, the knives and forks—not forgetting the handles—must be carefully wiped.

BOILING.

GENERAL DIRECTIONS.

Let the saucepan be as nearly as possible just the size to hold the joint or piece of meat that is to be boiled ; so that no unnecessary quantity of water may be required to cover the meat, and yet that every part of the meat may be covered by the water. Should any part be left uncovered, it will be hard and discoloured, and injure the quality of the whole.

Boiled meat, if not kept a long time on the fire *before* it boils, and then boiled *slowly*, is sure to prove hard and tasteless. The butcher is often blamed for this, when the blame ought to rest upon the cook for her ignorance or negligence.

All meat for boiling should be put into *lukewarm water* when first placed on the fire ; and a quart of water should be allowed for every pound of meat. Salt meat requires rather more water than fresh meat.

The general fault in boiling is that of making the water boil too soon, and then allowing it to stop boiling entirely for a long time before the meat is finished cooking. It should in fact be kept boiling very gently all the time it is cooking.

A joint of meat, of ten pounds weight, should be at least *forty minutes* on the fire before it is allowed to boil.

The general rule is, to allow *twenty minutes* for every pound weight of meat to be boiled ; but salt meat requires rather longer, and so does a particularly thick joint. And a leg of pork, or of lamb, will require about *twenty minutes, in the whole*, above this allowance.

Boiling in a well-floured cloth will make meat look white.

Excepting now and then, for removing the scum, the saucepan must be kept closely covered while the boiling is going on.

The scum must, from time to time, be carefully skimmed off, as, if suffered to boil down, it will make the meat black.

With the exception of carrots and parsnips with boiled beef, vegetables must never be dressed with the meat.

TO BOIL A LEG OF MUTTON.

Attend to the *General Directions*. Put the meat into *lukewarm water*, and set the saucepan or boiler on the fire to boil *slowly*. A leg of mutton of *nine pounds weight* will require about *three hours* boiling.

It may be advisable for the mistress thus to examine her young cook :

Q. Here is a leg of mutton to be boiled for dinner : how will you go about it ?

A. I must first prepare my fire, ma'am ; but the fire does not require to be so strong for boiling as for roasting.

Q. The leg weighs *nine pounds* : how long will it take in boiling ?

A. About *three hours* ; that is, allowing *twenty minutes* for every pound of meat.

Q. What sized saucepan or boiler do you use ?

A. One just large enough to hold the meat, and allow it to be completely covered with water. It takes about a quart of water to each pound of meat.

Q. Do you put the meat into *hot* or *cold* water ?

A. The water should be *lukewarm* ; not quite cold.

Q. How long should such a sized joint be on the fire before the water is allowed to boil ?

A. About *forty minutes*; and then it should be kept boiling *very slowly* till the meat is done.

Q. Why should it boil slowly?

A. Because, if boiled fast, or suffered to stop boiling after it has begun, the meat will be shrunken, hard, and tasteless; but, if allowed to remain long enough on the fire before it boils, and then kept boiling slowly until it be done, the meat will be plump, tender, juicy, and well-tasted.

Q. Do you keep the lid of the saucepan or boiler on or off?

A. The boiler must be kept closely covered while the boiling is going on.

Q. Do you never raise the lid?

A. Yes, the pot must be watched carefully, the lid be raised, and the water be frequently and thoroughly skimmed, or the scum will break and settle on the meat.

Q. Is any farther attention necessary?

A. A very little cold water—not enough to stop the boiling—should be added after each skimming, and that will cause the whole of the scum to rise.

Q. When you take up the meat, what do you do with the liquor it was boiled in?

A. That should be taken care of, to make broth or soup with.

Q. What vegetables is it usual to have with boiled mutton?

A. Turnips, ma'am.

Q. Should they be boiled with the meat?

A. Not unless as a matter of convenience, because they suffer in delicacy of colour by being so boiled. And other vegetables, if you wish for any, must be cooked in a separate saucepan.

Q. How do you prepare your turnips?

A. I peel them carefully, and, if large, cut them into halves or quarters.

Q. How long do they take to boil?

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A. From an hour to an hour and a half. When sufficiently done, a fork will enter them freely.

Q. When you have taken them up, what next?

A. I place them in a sieve, or colander, to drain.

Q. Suppose I wish to have the turnips mashed?

A. After draining, I must place them between two flat trenchers, and press all the water from them; and then carefully mash them in a wooden bowl, with a wooden spoon, and a little pepper, salt, and butter. Or, if preferred, a little cream instead of butter.

Q. If we want any additional sauce, what should it be?

A. Caper-sauce, ma'am.

Q. How do you make that?

A. I chop a spoonful or two of capers small, and then, with a little of their vinegar, mix them with some melted butter.

Q. How do you make melted butter?

A. For about half-a-dozen persons, I cut two ounces of butter into little bits, and put them into a pint saucepan, with a large tea-spoonful of flour, and two table-spoonfuls of water. When thoroughly mixed, I add six table-spoonfuls of water, hold the saucepan over the fire, and turn it round, always the same way as the sun goes, every minute, till it begins to simmer. I then let it stand and boil up once or twice, and it is done. Or I can make melted butter by mixing the flour and butter well together, on a trencher or plate before putting them into the water.

Q. Do you boil the capers in the melted butter?

A. I put them into the butter, and shake the sauce round while boiling, the same way as I did the butter by itself.

Q. If there are no capers in the house, is there any thing that can be used instead?

A. Yes, ma'am; pickled nasturtium seeds, or a pickled gherkin or two, chopped up, and used in the same manner, will do, though not quite so well.

NECK OF MUTTON.

Attend to the *General Directions* on all points. That is, put the meat into *lukewarm* water, let it boil up *slowly* and *gradually*, skim it, and let it simmer one or two hours, according to size and weight.

Q. What sauce or vegetables do you serve with boiled neck of mutton?

A. Parsley and butter, and, if approved, a squeeze of lemon; or turnips, and caper sauce, as for a leg.

AN AITCH-BONE OF BEEF.

Attending to the *General Directions*, this must be dressed in a manner precisely similar to a leg of mutton. Having placed it on the fire in *lukewarm water*, be very particular in letting it boil *slowly*. An aitch-bone of *twenty pounds weight*, will require about *four hours* boiling; one of *ten pounds weight* about *three hours*. Be sure you do not allow the scum to boil down upon the meat.

Q. Do you know from what part of the bullock the joint called the aitch-bone is taken?

A. Yes, ma'am; from the hind quarter.

Q. What vegetables are usually served with an aitch-bone of beef?

A. Greens and carrots, or parsnips, and peas-pudding.

ROUND, BRISKET, AND FLANK OF BEEF.

Attend to the *General Directions for Boiling*; and remember also that the brisket and flank require more time in cooking—say in proportion of *four hours to three*—according to their size and weight, than other joints, or they will be hard and indigestible.

Q. What part of the bullock is the *Round of Beef* taken from?

A. From the hind-quarter.

Q. And the *Brisket*?

A. From the fore-quarter, between the chuck and the fore-ribs.

Q. And the *Flank*?

A. The thick and the thin flank are both from the hind-quarter.

Q. Does the brisket, if intended to be eaten cold, require any particular attention?

A. Yes; after it has been taken out of the saucepan or boiler, it should have a heavy weight placed on it, to press out the loose fat.

PICKLED PORK.

A *Leg of Pork* should lie in salt six or seven days; a hand, or shoulder, rather less, because, being leaner, it takes the salt more rapidly; the spring, or thin part of the belly, which is frequently eaten with veal or poultry, as well as by itself, does not require to lie in pickle more than three or four days. Pork requires longer boiling than any other meat; a leg for instance, of seven pounds weight, should be boiled very slowly for three hours and a half. A piece of the spring, or thin part, however, will be sufficiently done in less than an hour.

Q. Here is a *Leg of Pork* to be boiled. It weighs seven pounds. What is to be done with it first?

A. It must be well washed and scraped; and, if it has been in salt more than a week, it must be soaked three or four hours, in moderately warm water, before it is boiled.

Q. Is it to be boiled in the same manner as other meat?

A. Yes, ma'am; only it will take a longer time. Such a leg as this will take three hours and a half.

Q. And how long would it take to boil a hand or shoulder of pork?

A. Rather less time than a leg, in proportion to its weight, because it is thinner.

Q. What vegetables are usually served with pickled pork?

A. Peas-pudding, and whatever greens may be preferred that are in season. Sometimes, also, carrots, parsnips, or turnips are eaten with pickled pork.

HAM.

In preparing and boiling a ham, much depends on its age, weight, and degree of saltiness. A large old ham will require from twelve to sixteen, or eighteen hours soaking, put into a large tub of lukewarm water; but hams of a smaller size will not require to be soaked more than five or six hours; and a green ham hardly needs soaking at all. Previously to boiling, the ham must be well scraped and washed, and then placed in a large boiler with plenty of lukewarm water. Attend to the *General Directions* in boiling.

Q. Here is an old, and I am afraid rather a salt ham, of twenty pounds weight, to be boiled to-morrow: what will you do with it first?

A. It must be soaked a long time, in lukewarm water, and then be well washed and scraped.

Q. How long do you think it must be soaked?

A. By its appearance it will require to be soaked from sixteen to eighteen hours.

Q. How do you manage the boiling?

A. The ham must be placed in a large boiler, in plenty of water, lukewarm, and be simmered, or very gently boiled, over a slow fire, for a long time, in the same manner as a large piece of salt beef or other meat.

Q. How long must it be boiled?

A. About five hours, or five hours and a half.

Q. What then?

A. After taking it up, I must pull the skin off, and then shake some raspings of bread over it,

through the dredging-box, and brown it lightly at the fire.

NEAT'S TONGUE.

Excepting it be a green tongue, recently pickled, which will not require soaking at all, it must be soaked not less than twelve hours, and will be all the milder and more tender if soaked four-and-twenty hours. It must also be boiled very slowly for a long time.

Q. How long should this tongue be soaked ?

A. It had better be soaked till this time to-morrow morning, Ma'am.

Q. Why should it be soaked so long ?

A. It will be more tender and mellow in eating. A tongue, unless it be soaked a long time, and be very carefully and slowly boiled, will be hard and tough.

Q. How long will it take in boiling ?

A. From three hours and a half to four hours : if larger, it would require from four to five hours.

BACON.

Bacon, if very salt, should be soaked an hour or two in rather warm water before it is boiled.

Q. What will you do with this bacon before you boil it ?

A. As it appears to be rather old, and salt, it had better be soaked in rather warm water for an hour or two before it is boiled. If newer, it would require only to be well washed and scraped before boiling.

Q. It weighs three pounds : how long will it take to boil ?

A. Rather more than two hours, or^t at the rate of three quarters of an hour to a pound.

Q. When sufficiently boiled, what do you do with it ?

A. After I have taken it up, I must scrape the under side, and strip off the skin, or rind. And then I must dredge some bread-rasplings over it, and brown it before the fire as though it were ham.

KNUCKLE OF VEAL.

Q. How will you boil this knuckle of veal?

A. In the same manner, Ma'am, as I would a neck of mutton, or other piece of fresh meat. It must be put into lukewarm water, over a slow fire; and it must be skimmed carefully, so that it may be served up white.

Q. How long will it take to boil.

A. About an hour and a half; if larger, it would require two hours.

Q. What should be served with it?

A. Parsley and butter. It is usual also to have a piece of bacon or pickled pork to eat with it. If so, greens should be added.

A SHEEP'S HEAD.

This is a very nice yet economical dish. The head must be soaked and well washed in *cold* water; after which it must be put into a saucepan with *lukewarm* water, and boiled or simmered very slowly till tender. The lights and liver must be boiled *separately* from the head, and made into sauce.

Q. How long will it take to boil the head?

A. About an hour and a half or two hours.

Q. How do you prepare the sauce?

A. The lights and liver, having been boiled in a separate saucepan, must be minced very fine, and seasoned with a little pepper and salt. The mince must then be put into a little of the liquor the head was boiled in, thickened with a little flour and butter;

then I simmer the whole up together for a minute or two, and it is done.

Q. What do you do with the liquor?

A. With the addition of herbs, pepper and salt, and a little oatmeal or Scotch barley, it may be made into excellent broth.

TRIBE.

Tripe is generally bought of the dealers in a par-boiled state; but to produce it as it should be on the table, it requires to be re-boiled very slowly, for an hour, or an hour and a half.

Q. How long must this tripe be boiled to make it tender?

A. About an hour or an hour and a half.

Q. What do you boil it in?

A. In water—putting it into the saucepan with the water lukewarm—or in milk and water; whichever you please, Ma'am.

Q. What sauce do you serve with tripe?

A. Parsley and butter; or onions, boiled separately, drained, and then placed in a deep dish, or tureen, with the tripe. Sometimes plain melted butter is used for sauce; and sometimes a sauce is made of melted butter, vinegar, and mustard.

NEAT'S FEET OR COW HEELS.

Like tripe, these are generally bought in a parboiled state; but they require to be slowly re-boiled for at least an hour.

Q. What sauce is it usual to serve with neat's feet?

A. The same as with tripe, either onions, boiled whole, and by themselves with melted butter; or parsley and butter.

Q. What do you do with the liquor they have been boiled in?

A. It may be made into jelly, if required; or it may assist in making soup, or broth.

ROASTING.

GENERAL DIRECTIONS.

It is desirable for the young Cook to know, that meat, especially beef and mutton, to be tender, should be hung some time before it is roasted. In winter, the air being fresh and clear, it will be the better for hanging a week or more; in summer, according to the state of the weather, two, three, or four days may suffice. But, if hung too long, it will lose both flavour and juice.

In small families, or for small joints, a *bottle-jack* is the best apparatus for roasting with; but in the absence of a bottle-jack, a small hank of common worsted, (or even a strong piece of string) will be found an economical substitute. Suspend the meat from the worsted, or string, and twist it round now and then as may be required.

When a spit is used, let it be carefully wiped before it is passed through the meat, or it will leave a black stain. The spit must not be run through the prime parts: in such joints as necks, &c., it may enter two bones from the end, and run up the back till it reaches nearly the other end. Thus the prime of the meat will not be pierced.

As a general rule, it takes about the same length of time to roast a joint as to boil it; that is, a quarter of an hour to a pound: but, if the joint be thick,

rather more time must be given. Allowance must also be made for the strength of the fire, the heat or coldness of the weather, &c. *Beef* and *mutton* are the better for being rather *underdone* than *overdone*; unless the family prefer it the contrary. But, *pork*, *veal*, and *lamb* should be *thoroughly* roasted; otherwise, they are difficult of digestion, and unwholesome. All *young* meats require more roasting than *old*.

In roasting, the first point of attention is the *fire*. Make the fire in proportion to the size of the piece of meat you have to dress; that is, if it be a small or thin piece, make a small brisk fire, that it may be done nicely and quickly; but, if the joint be large, the fire must be proportionately so. The fire must always be kept clear at the bottom.

The state of the fire should be carefully looked to half-an-hour before putting the meat down, as there should always be a *good strong fire to begin with*.

At first meat should be placed at a good distance from the fire, and be gradually brought nearer as the inner part becomes hot. By this means it will not be scorched.

Do not put salt on meat before it is laid to the fire, as salt draws out the gravy.

The joints of all necks and loins should be *nicked*, or chopped *half-through*, with a cleaver, before they are put to the fire; otherwise, it will be difficult to separate the bones afterwards, when in a dish, on the table.

Large joints of beef, or of mutton, and always veal, should have a piece of writing paper placed over the fat, to preserve it from being scorched.

When the meat is nearly done, which may be seen by jets of steam or smoke drawing towards the fire, let the paper be removed, and baste the meat well.

Meat in general requires much basting. A good method is, to put a little salt and water into the drip-

ping-pan, and baste for a short time with it before using the meat's own fat or dripping.

Having basted the meat well with its own fat, after the removal of the paper, dredge it slightly with flour to give it a frothy appearance. Then sprinkle it with salt, which will greatly improve the flavour of the meat, and cause the gravy to flow on cutting.

The dripping must be strained off clear, and put away for frying with.

RIBS OR SIRLOIN OF BEEF.

Q. Have you attended to the *General Directions for Roasting*?

A. Yes, Ma'am.

Q. Then you must make up your fire to roast this piece of beef. It weighs *sixteen pounds*: what time will it require to cook?

A. From three hours and a half to four hours.

Q. How do you manage your fire?

A. From the size of the joint, I must have a clear and rather strong fire, and at first I must place the meat at a considerable distance, or the outside will get dry and scorched before the inside can be warmed through.

Q. Do you put any salt on your meat before you lay it to the fire?

A. No, Ma'am; that would draw out the gravy, and make the meat dry.

Q. How do you prevent the fat from scorching or burning?

A. I must have a piece of writing-paper to place before it.

Q. How will you know when the meat is nearly done?

A. By the smoke or steam proceeding from it towards the fire.

Q. When that is the case, what do you do next?

A. I must remove the writing-paper, and baste the meat well with its dripping.

Q. Do you not baste it before that ?

A. Yes, Ma'am. At first, I put a little salt and water into the dripping-pan, and baste it for a short time with that.

Q. When you have removed the writing-paper from before the fat, and basted the meat well with its dripping, what do you do next ?

A. I dredge it slightly with flour.

Q. What is that for ?

A. To make it look nice and frothy.

Q. Do you do anything more ?

A. A few minutes before I take the meat up, I sprinkle a little salt over it.

Q. For what purpose ?

A. The salt improves the flavour of the meat, and makes the gravy flow when it is cut.

Q. What vegetables do you serve with roast beef ?

A. Potatoes ; and very often greens, in addition.

Q. Anything else ?

A. It is usual to garnish the dish with scraped horse-radish ; some of which should also be served in one or two very small dishes or plates.

BULLOCK'S HEART.

This is an excellent, substantial, and economical dish, with much of the flavour of roasted hare, when dressed in a similar manner.

Attend to the *General Directions for Roasting*. A brisk but not very large fire is required. The heart must be stuffed, served with gravy, and, to make it very nice, currant jelly, the same as hare.

The Cook must be particularly careful to serve it as hot as possible.

Q. Here is a Bullock's Heart to be roasted for dinner : what will you stuff it with ?

A. With veal stuffing, Ma'am.

Q. How do you make that ?

A. With crumbs of bread, chopped suet, sweet marjoram, lemon-peel grated, pepper, salt, nutmeg, and the yolk of an egg.

Q. What gravy do you serve with it ?

A. Beef gravy.

Q. How do you make that ?

A. By putting a few pieces of lean beef, floured, into a little saucepan, with as much water as will cover it, an onion, a little allspice, pepper, and salt. Cover the saucepan close ; when the liquor boils skim it ; add a crust of bread toasted brown, or some raspings ; simmer the whole till thoroughly done ; strain off the gravy, and put it into a sauce boat.

Q. What vegetables do you serve with it ?

A. Potatoes, Ma'am.

Q. Anything else ?

A. A little currant jelly, in addition, is a great improvement.

Q. Heart is an unpleasant dish when cold ; what should be done with the remains ?

A. They make an excellent hash, Ma'am ; especially when served with mashed potatoes.

CALF'S HEART.

This also is an excellent dish, and considered more delicate than Bullock's Heart. They both, however, require to be dressed in precisely the same manner.

And either of them is equally good *baked* as it is *roasted*. *Baking* will sometimes be found more economical than *roasting*, in *time* as well as in *fring*.

LOIN OF MUTTON.

Q. Attending to the *General Directions*, as to time, weight, &c., what else do you notice in roasting a Loin of Mutton ?

A. That the joints be *nicked* or chopped at least half way through before it is put to the fire.

Q. What is that for?

A. That the bones may be the more easily separated when the joint is on the table.

Q. And then you proceed, in basting, dredging, and browning, the same as with a piece of beef?

A. Yes, Ma'am.

Q. How long will it take to roast a Loin of half-a-dozen pounds weight?

A. About an hour and a half.

Q. If the two Loins are roasted together, without having been divided, what is the joint called?

A. It is then called a *Saddle of Mutton*.

NECK OF MUTTON.

Q. Is there any material difference between roasting a Loin and a Neck of Mutton?

A. No, Ma'am; only that the Neck being thinner than the Loin, it will require rather less time in cooking.

Q. Is there any preparation necessary before you put the Neck down to the fire?

A. Only that it be jointed, the same as the Loin; and that part of the fat be cut off from the thick or best end. But that is generally done by the butcher.

BREAST OF MUTTON.

Q. How long will it take to roast a Breast of Mutton?

A. Not so long in proportion to its weight as a Neck, it is so much thinner.

Q. Is it not usual to roast a Breast rather differently?

A. Yes, Ma'am; many people roll the Breast, and tie it, before roasting; and some people stuff it with a little chopped onion, pepper and salt, &c.

LEG OF MUTTON.

Q. Here is a Leg of Mutton of ten pounds weight : how long will it take to roast ?

A. About two hours and a half. Leg of Mutton being a very solid joint, it requires as much time, and as strong a fire, in proportion to its weight, as beef.

Q. And you cook it in exactly the same manner, taking care to baste, and dredge, and brown it very nicely ?

A. Yes, Ma'am.

SHOULDER OF MUTTON.

Q. A Shoulder of Mutton, I suppose, does not take so much time to roast as a Leg ?

A. No, Ma'am.

Q. Here is one of seven pounds weight : how long will it require ?

A. About an hour and a half.

Q. And you dress it in the same manner as a Leg ?

A. Yes, Ma'am.

Q. What vegetables do you serve with it ?

A. Potatoes, Ma'am ; and some families like to have greens also.

Q. Anything else ?

A. Onion sauce is generally approved, either with or without other vegetables.

Q. Is there not a more economical method of cooking a Shoulder of Mutton ?

A. Yes, Ma'am ; a Shoulder of Mutton, *baked* instead of *roasted*, with potatoes under it, makes a very substantial family dish.

FILLET OF VEAL.

In roasting this, as well as all other joints of veal, especial care must be taken that it be *thoroughly*

done ; that it be kept constantly basted ; and that it be very nicely but lightly browned. It must also be stuffed, and have melted butter poured over it, quite hot, when served. It will take *fully* the time allowed, in the *General Directions for Roasting*, according to weight, and it requires a strong clear fire.

Q. Here is a Fillet of Veal of eight pounds weight ; how long will it take in roasting ?

A. It will require fully two hours, Ma'am, or rather more, as veal should always be rather *overdone* than *underdone*.

Q. Having attended to the *General Directions* respecting the fire, &c., what is there particular in preparing and roasting a Fillet of Veal ?

A. The bone must be taken out, and its place must be filled with stuffing ; and some stuffing must also be secured under the flap.

Q. What do you make your stuffing of ?

A. Of the same ingredients as for a Bullock's or Calf's Heart—crumbs of bread, suet, sweet marjoram, grated lemon peel, pepper, salt, nutmeg, and the yolk of an egg.

Q. What next ?

A. The fat must be papered, to protect it from being scorched.

Q. Is there anything else that requires to be particularly attended to ?

A. Only that the joint be not placed too near the fire at first—that it be brought gradually nearer as the roasting advances—that it be kept well and constantly basted—and that it be roasted, floured, and frothed of a nice light brown colour.

Q. How do you serve it ?

A. It must be served with very hot melted butter, some of which must be poured over it, to in-

crease the quantity and improve the quality of the gravy.

Q. Anything more?

A. The dish should be garnished with thin slices of lemon, cut into quarters. Some garnish also with balls of stuffing, or fried sausages.

Q. What vegetables?

A. Potatoes, greens, cauliflower, brocoli, French beans, green peas, &c., according to the season.

LOIN OF VEAL.

Q. What is the difference between dressing and serving a Loin of Veal and a Fillet?

A. Very little, Ma'am; it requires the same attention in every respect, only it is not usual to stuff it.

Q. Any other variation?

A. The back must be papered, and also the kidney fat, to prevent scorching.

SHOULDER OF VEAL.

Q. Here is a Shoulder of Veal: is it to be roasted and served in the same manner as the Fillet?

A. Yes, Ma'am; but the knuckle should first be cut off for stewing.

BREAST OF VEAL.

Q. Here is a Breast of Veal: being a thin joint, I suppose it will not take so much time to roast, in proportion to its weight—it weighs only six pounds—as a Fillet, Loin, or Shoulder?

A. No, Ma'am; it will be done in an hour and a half, or less.

Q. How do you prepare it?

A. Having skewered the fillet to the back part of the joint, I must keep the caul on till the meat is

nearly done. The caul must then be removed; and the joint, having been nicely browned, must have melted butter poured over it, and be sent to table in the same manner as other joints of veal.

NECK OF VEAL.

This must be roasted in the same manner as a shoulder, only that, being thinner, it will take comparatively less time.

LOIN OF PORK.

Pork, it must be repeated, requires a longer time for roasting, in proportion to its weight than either beef or mutton; and quite as long a time as veal. For instance, a Loin or Leg of Pork of eight pounds weight, especially the Leg, will require from two hours to two hours and a half; and it must be roasted before a brisk but not fierce fire.

Q. Here is a Loin of Pork: it weighs eight pounds: how long will it take to roast?

A. It will take upwards of two hours.

Q. How do you prepare it?

A. It must be jointed; and, with a sharp knife, I must cut slightly through the skin, in stripes about three quarters of an inch apart so that slices may be easily cut off when the meat is on the table.

Q. Do you baste, and flour, and froth it, as you do other meat?

A. No, Ma'am; it must be well basted, but if it were to be floured the flour would cause the skin to blister; and great care must be taken to prevent the skin or crackling from being scorched or burnt.

Q. Is there any other attention necessary in the roasting?

A. Some persons sprinkle dried sage over the meat,

while it is roasting, or a little sage and onion chopped fine, with pepper and salt.

Q. What vegetables do you serve with it?

A. Potatoes, Ma'am; sometimes greens, in addition; and it is usual also to serve with apple sauce.

LEG OF PORK.

Q. Here is a Leg of Pork to roast, of the same weight as the Loin you last dressed—eight pounds: how long will it take to cook?

A. As the Leg is a thicker and more solid joint than the Loin, it will require rather more time in proportion to its weight: it will take nearly if not quite two hours and a half.

Q. Do you dress it in the same manner as the Loin?

A. Nearly, but not quite, Ma'am.

Q. What is the difference?

A. Besides sprinkling the meat with sage, or sage and onions, while roasting, it is usual to stuff a leg, at the knuckle, with sage and onion stuffing.

Q. How do you make your stuffing?

A. Before I chop the sage and onion I must boil them a little; afterwards I season the stuffing with pepper and salt, mix it with bread crumbs, and bind it with the yolk of an egg.

Q. Do you score, or cut, the skin of the Leg in the same manner as that of the Loin?

A. Yes, Ma'am.

Q. What vegetables and sauce?

A. The same as for Loin of Pork.

SPARERIB OF PORK.

Q. What part of the pig is the Sparerib?

A. It is the piece that unites the hand, or shoulder, with the head and neck.

Q. How do you dress it?

A. It must be roasted slowly, with a fire not too strong, but clear.

Q. Do you manage it in the same manner as the Loin or Leg?

A. Not exactly. When I put it down I dust it with a little flour, and always keep it well basted. About a quarter of an hour before it is done, I shred some sage small, or some sage and onion, and sprinkle it over the meat; then dust it with a little more flour, froth it, and sprinkle a little salt over it, and take it up.

Q. What vegetables and sauce do you serve it with?

A. The same as for other joints of roast pork.

GENERAL DIRECTIONS FOR BROILING.

Broiling is an expeditious but by no means an economical mode of cooking. A Beef Steak of three-quarters of a pound, or a pound, if broiled, will suffice for a meal for only one man; but, if stewed with vegetables, or converted into soup, it will be sufficient for two. It is true some descriptions of food are nicer when broiled than when cooked in any other manner: such for instance, as rump or beef steaks, mutton chops, pork chops, &c. Yet, on the ground of economy, with the poor, and in large families, broiling should be resorted to as little as possible.

The best *General Rule* for broiling is to keep a clear fire, that the meat may be cooked with cleanliness and nicety, and have no smoky or other ill flavour.

Prepare the fire for broiling by breaking up the coal on the top with the poker, and then sprinkle over it a little salt, which will keep down the smoke and flame. Or a good clear fire of cinders is to be preferred. Let the bars of the gridiron be all hot through, but yet not *burning* hot on the surface. As the bars keep away as much heat as their breadth covers,

it is absolutely necessary they should be thoroughly hot before the thing to be cooked is laid on them. When the gridiron is hot, wipe it well with a linen cloth, and just before you use it, rub the bars with clean mutton suet to prevent the meat from sticking or burning, and from being marked by the gridiron. Turn the meat often and quickly, by which the juices will be retained, and its natural flavour preserved. A *fluted* gridiron (that is, with the bars *fluted* or *grooved*) has been in use of late years, by which the fat is thrown off, and the gravy is preserved.

Let the dish be kept hot while the broiling is going on, that the meat may be served as hot as possible.

RUMP OR BEEF STEAKS.

Q. There is but little cold meat in the house, and we must have a couple of pounds of rump steaks to make out. Do you know how to choose them of proper quality?

A. Yes, Ma'am: they must be cut from a rump that has been hung three or four days at least; and they must be as nearly as possible of an equal thickness—from three quarters of an inch to an inch thick.

Q. Do you beat the steak, to make it tender, before you place it on the gridiron?

A. No, Ma'am; it is said that beating injures the fibre and the juices of the meat.

Q. Having taken care to get a clear fire, how do you place the gridiron?

A. Rather in a slanting direction, Ma'am; by which means the smoke, should there be any, will escape more freely up the chimney, and the fat will pass off without running into the fire.

Q. Do you turn the steak frequently while it is cooking?

A. Yes, Ma'am.

Q. I have understood that although mutton chops should be turned frequently while cooking, a rump or beef steak should be turned only once?

A. It has been said so, Ma'am; but I believe the best cooks of the present day are agreed, that steaks require to be as frequently turned as chops.

Q. Do you broil steaks much, or only lightly?

A. They should always be *rather underdone*,—that is, with the gravy in them, unless otherwise ordered.

Q. How do you send a steak to table.

A. When quite done, I place it in a hot dish which I have ready, with a small piece of butter at the bottom.

Q. Anything else?

A. Some persons like to add a little ketchup or other similar sauce—some like a small quantity of finely mixed onion or chalog—some choose to have the steak garnished with scraped horseradish—others prefer it with pickled walnuts or gherkins.

Q. What vegetables?

A. Seldom any but potatoes, Ma'am.

MUTTON CHOPS.

Q. Your master must have an early dinner to-day: you must get a pound of Mutton Chops: do you know how to choose them?

A. Yes, Ma'am; the meat must not be too fresh killed; and the flap, and the greater part of the fat, must be cut off.

Q. And then?

A. I broil them over a clear fire as I would steaks.

Q. Do they require any butter?

A. No, Ma'am.

Q. How do you serve them?

A. Generally with potatoes, or pickles, or both; and, if approved, with a little ketchup.

PORK CHOPS.

Q. Here are some Pork Chops to be broiled ; how do you manage them ?

A. The same as mutton chops, Ma'am ; only they require to be more thoroughly done.

Q. Nothing more ?

A. When done, a small quantity of sage, shred very fine, and sprinkled over them, will greatly improve their flavour.

Q. What do you serve with them ?

A. Potatoes ; and if there be any in the house, a little good gravy.

MUTTON OR PORK KIDNEYS.

Q. Here are some Kidneys to be broiled ; how do you prepare them ?

A. I cut them through the long way—run a wire skewer through them to keep them flat—sprinkle them with pepper and salt—and broil them over a clear fire.

Q. Anything further ?

A. A small piece of fresh butter should be placed on each, as soon as it is done ; and they should be served with potatoes, or pickles.

RASHER OF BACON.

A Rasher of Bacon should be cut thin, and it is generally preferred from the thin or streaked part of the fitch. In broiling, it should be placed at some distance from the fire : and it should be only just thoroughly heated through, so that the fat may show clear and transparent.

For bacon, however, *toasting* is preferable to, and more economical than *broiling*.

Occasionally a rasher of bacon, with potatoes, makes a cheap and substantial meal.

FRESH HERRINGS.

Q. What is your way of broiling *Fresh Herrings*?

A. Having well washed them, and rubbed the scales off, I pass them through a second water, dry them in a cloth, dust a little flour over them, and broil them over a clear but not very strong fire.

Q. How do you prepare the gridiron?

A. I rub a piece of fat, or grease, over the bars, to prevent the fish from sticking. Some use a piece of chalk for the same purpose.

Q. What sauce?

A. When the fish has been served, it is usual to open it, and put a small piece of butter in the inside. Salt and mustard are the usual seasoning.

Q. Any vegetables?

A. Potatoes, if any.

SPRATS.

These are prepared and broiled the same as herrings; only, if you have not a sprat-gridiron, which saves time and trouble, you must have two or three wire iron skewers. Pass the skewers through the heads of the fish, and lay them in rows on a common gridiron.

RED HERRINGS.

Q. How do you choose your *Red Herrings*?

A. Those that are large, and moist, and newly cured, are the best.

Q. How do you prepare them for broiling?

A. I cut them open, and soak them in warm water or small beer for half an hour. I then drain them quite dry, and place them on the gridiron only till they are just hot through, and then rub a piece of

cold butter over them. But toasting is preferable to broiling.

Q. What vegetables?

A. Potatoes, if any, either mashed or plain boiled.

SALT HERRINGS.

Wipe them carefully over with a cold wet cloth; then place them on the gridiron; and, as soon as they are hot through they are sufficiently done. Serve with potatoes.

GENERAL DIRECTIONS FOR FRYING.

Frying, though more economical than broiling, is a less wholesome mode of cookery. It is very useful, however, in many cases, and, by proper management, as regards vegetables, &c., it will frequently make meat go farther than any other way of dressing. In fact the most valuable use of the frying pan, in a working man's family is to *brown* vegetables, in order that they may be economically and advantageously added to a large dish of less savoury materials, so that the whole may possess a nice relishing flavour.

Take care that the frying-pan is perfectly clean before you use it; and, when it is out of use, rub it with a little suet to prevent it from getting rusty.

Good sweet dripping, clean fresh lard, or olive oil, (especially for fish,) if it can be afforded, should be used for frying. Butter, unless in particular cases, is not desirable. Take care that the fat is quite hot,—it should be almost boiling—before the meat, fish, or vegetables are put into the pan. Shake the pan well while you fry, to prevent sticking or burning.

Take care, upon all occasions, to drain the fat well from what has been fried before sending it to table. If you neglect this, the dish will be unwholesome, and will disagree with those who may partake of it.

As clean and sweet fat is required for frying, you must be careful and particular in its management. To *clarify or purify dripping*, you must put it into a saucepan, with a small quantity of water, and place it over a slow fire. When it is on the point of boiling, skim it. Afterwards pass it through a sieve, and preserve it in pots.

Fat and suet may be clarified by similar means. Take the scraps of fat that have been cut off meat, and such suet as may not be required for other purposes; pick out the pieces of skin, &c.; and then put them into a saucepan, with a little water, and proceed as directed above.

TO BROWN VEGETABLES IN THE FRYING PAN.

Q. There is a cheap dish of vegetables and meat that may be prepared in the frying pan, which is not only very good of itself, but may be made to improve many other dishes. Can you tell me how it should be prepared?

A. Yes, Ma'am. I cut onions, turnips, carrots, and greens, or any other vegetables you please, with a small quantity of meat, all into little bits, and stir them together. I then add a very little dripping, and put the whole into the frying pan. I hold the pan over the fire, and keep the mixture stirring, and it will soon become brown. Then, if a few sweet herbs are sprinkled over it, the preparation will give a delicious flavour to soup or stew, or any dish to which it may be added.

BEEF STEAKS.

Q. Do you ever fry *Beef Steaks*?

A. Yes, Ma'am; but they are mostly thought better when broiled.

Q. Well, how do you fry them?

A. Over a brisk fire, with a very little dripping, or butter. They should be fried of a good light brown.

Q. What do you serve with them?

A. Some make a little gravy in the frying pan, with a little boiling water, pepper, and salt, added to what they were fried in; some add a little ketchup; and others have two or three chalots chopped fine, and placed under the steaks when they are in the dish.

Q. Is not there some way of frying them with onions?

A. Yes, Ma'am. The onions should be cut into slices, and boiled a little, and then fried brown, either with or immediately after the steaks.

VEAL CUTLETS.

In whatever way they may be dressed, *Veal Cutlets* require the greatest possible attention.

Q. What is your manner of frying veal cutlets?

A. I am acquainted with two ways, Ma'am.

Q. Well?

A. I cut the veal into thin slices, and put them into the frying pan with some rashers of bacon and a little hot lard or fresh butter. I fry them till brown on one side, and then turn them to the other. When they are done, I take the cutlets out, lay them in a dish before the fire, shake some flour into the pan, add a little lemon-juice and a bit of butter; then boil it up, and pour it over the cutlets.

Q. How do you serve them?

A. I garnish the dish with sliced lemon; and you may have potatoes, brocoli, French beans, or any other vegetables in season you may prefer.

Q. What is your other way of dressing Veal Cutlets?

A. I dip them into the yolks of eggs beaten up fine, and strew over them crumbs of bread, sweet-herbs, lemon-peel, and grated nutmeg, and fry them as before.

Q. What next?

A. I make a gravy as in the first instance; but mushroom sauce is sometimes preferred; and I garnish with small thin rashers of bacon.

LAMB CHOPS.

Q. How do you fry *Lamb Chops*?

A. I dip them in egg with bread crumbs, the same as veal cutlets, and fry them in the same manner; and I garnish with crisped parsley and slices of lemon.

Q. How do you *crisp your parsley*?

A. I pick it carefully, wash it well, dip it into cold water, and then throw it into the pan of boiling fat. This will crisp it of a fine green, if not allowed to remain too long in the pan.

LAMB'S FRY.

This may be either fried plain, or dipped in egg with bread crumbs, and garnished with fried or crisped parsley.

EGGS AND BACON.

Q. How do you fry *Eggs and Bacon*?

A. I fry the bacon first.

Q. And the eggs?

A. I break each egg separately into a cup, taking particular care not to break the yolk; I fry it lightly in the fat; and I remove it from the frying pan to the dish with a tin slice or strainer.

SAUSAGES.

Q. How do you fry *Sausages*?

A. I generally fry them brown, and as dry as possible; but some prefer them with gravy, and also with a toast.

Q. How do you prevent them from bursting?

A. Some persons prick them with a fork while frying; others lay them a short time before the fire; but I think the bursting is prevented more effectually by putting only a small quantity of fat into the pan, frying them slowly, and shaking the pan almost constantly. By this means the juice or gravy is preserved.

Q. Anything further?

A. They may be frothed by rubbing a morsel of butter over them, and letting them stand a minute before the fire.

TRIPE.

Q. How do you fry *Tripe*?

A. I cut the tripe into small square pieces, dip them into some small-beer batter—or into a batter of flour, milk, and eggs—and fry them to a light brown in good hot dripping. I take them up, let them drain for a minute, and serve with plain melted butter.

Q. Anything more?

A. Some persons have a very small clove of garlic inserted in each piece of tripe; but this does not please every taste.

BUBBLE-AND-SQUEAK.

Q. What is *Bubble-and-Squeak*?

A. It is a dish economically disposing of cold boiled beef and vegetables.

Q. How do you prepare it?

A. I cut the beef into thin slices; squeeze and chop some cabbage, (carrots also, if any) that has been dressed; and put the whole into a frying pan, with a little butter, pepper, and salt, if requisite. I fry them for a few minutes; and, when done, raise the cabbage high in the middle of a dish, and put the slices of meat round, fat and lean alternately. The dish should be garnished with carrot.

GENERAL DIRECTIONS FOR CHOOSING AND BOILING FISH.

With the exception of Mackarel, Herrings, Sprats, &c.,—or when the market may happen to have an over-supply of any individual sort—Fish is generally, from its dearness, in the metropolis especially, too much of a luxury to admit of its frequent appearance on the tables of the humbler or poorer classes. However, as it must be had occasionally, it is necessary that the young Cook-Maid should know something of the way of dressing it in a plain and simple manner.

Considering the vast quantity and variety of fine fish constantly on our coasts, indicating the goodness of Providence extended to all, it is much to be regretted that means are not taken for an increase of our fisheries, by which food so eminently nutritious and beneficial might be rendered an article of general consumption.

The *perfect freshness* of fish is indispensable. Very few sorts will keep good more than a day after they are out of the water. In choosing *Cod, Haddock, Whiting, Salmon, Mackarel, Herrings, Smelts, &c.*, it may be generally remarked, that if their gills smell well, are red, and difficult to open, and if their fins are tight up, and their eyes are bright, and not sunk in their heads, they are fresh ; but, if otherwise, they

are stale. *Cod* should be very thick at the neck, the flesh white and firm, and clear in colour. The sparkling brilliancy and beauty of the colours in *Mackarel*, *Salmon*, *Herrings*, &c., are certain indications of their freshness.

The fishmonger generally cleans fish before sending it home; but the cook must carefully wash it afterwards, and see that the entrails and blood are entirely removed.

Scaled fish must have all the scales removed by scraping.

The water in which fish is to be boiled should have salt thrown into it, in the proportion of a quarter of a pound of salt to a gallon of water. A wine glassful of vinegar thrown into the water imparts additional firmness to the fish.

Fish should be put into the fish-kettle with the water cold—spring water is the best—and be boiled slowly till the skin rises, which shows that it is done.

If the fish be large and thick, a little cold water should be put in from time to time, to check the boiling. The number of times that this should be repeated must depend on the size of the fish and the strength of the fire.

Crimped Fish,—such as *Cod*, *Skaite*, &c.—must be put into boiling water. When the water reboils, a little cold water must be added; and the boiling must be continued very gently.

While boiling, the water must be skimmed.

As the fish is laid upon a tin strainer that fits the bottom of the kettle, it is to be taken up by lifting the strainer, and placing it across the kettle. By this means the water is drained off without cooling the fish.

Fish must be taken out of the water the instant it is done; as, if boiled only two or three minutes too long, the flavour will be lost.

Remember, that when fish is sufficiently boiled, the bones will separate easily from the flesh.

The usual sauce with fish is melted butter ; to which may be added soy, ketchup, Chili vinegar, Cayenne pepper, or any of the manufactured sauces sold at the Italian warehouse. It is preferable, however, to let these be kept in cruets, on the table, that the company may help themselves as they please.

Q. Have you attended to the *General Directions for choosing and boiling Fish* ?

A. Yes, Ma'am.

Q. Well, what is the general rule by which you judge of the freshness of fish ?

A. By the fresh smell and the redness of the gills, the tightness of the fins, and the brightness of the eyes.

Q. Anything else ?

A. In cod, by the whiteness and firmness of its flesh, and the clearness of its colour. In salmon, mackarel, smelts, herrings, and some others, by the beauty and sparkling brilliancy of their colours.

Q. When you get your fish home from the fish-monger's, what do you do with it ?

A. I wash it carefully, and see that the blood and entrails are removed ; and, if it be scaled fish, I scrape off the scales, and wash and wipe it well.

Q. What is the best water for boiling fish in ?

A. Spring water, Ma'am.

Q. How do you prepare it ?

A. Into a gallon of water, I put a quarter of a pound of salt ; and for some sorts of fish, especially cod and haddock, the addition of a wine glassful of vinegar gives it greater firmness.

Q. Do you put the fish into hot or cold water ?

A. Cold water, Ma'am ; excepting for crimped

fish, salmon, or mackarel; and for them the water should boil.

Q. How do you know when fish is sufficiently boiled?

A. By the ease with which the bones will separate from the flesh.

Q. How do you try that?

A. I raise the fish strainer from the bottom of the kettle; and with a thin knife I gently ascertain whether the flesh may be easily divided from the bone in the thick parts.

Q. What sauce do you generally serve with fish?

A. Plain melted butter, Ma'am; with the addition of anchovy, soy, ketchup, Cayenne pepper, Chili vinegar, or any of the usual fish sauces that may be preferred.

SALMON.

Q. Here is a fine large piece of *Salmon* to boil; do you recollect the *General Directions*?

A. Yes, Ma'am.

Q. How long will it take?

A. A quarter of an hour to a pound is the time usually allowed; but unless the fish be very thick, that is more than is necessary. It must be watched while boiling. Salmon, if not well done, is very unwholesome.

Q. What do you do with the liver?

A. I take that out of the fish, and boil it in a separate saucepan.

Q. Do you serve with the same sauces as are mentioned in the *General Directions*?

A. Yes, Ma'am; but, generally, with an addition. Salmon, and also turbot, should have either lobster or shrimp sauce.

Q. Should any of the salmon be left cold, what do you do with it?

A. I put it into a deep dish, and cover it with vinegar, the liquor that drained from it into the dish on the table, and some of the liquor it was boiled in, in about equal quantities. Then, with the addition of a little pepper and salt, it will be nearly if not quite as good as the pickled salmon that is sold.

COD.

Q. Here is a nice *Cod-fish*: how do you boil it?

A. I must take care to have plenty of water; into which, besides salt and vinegar, I put half a stick of horse-radish, which will much improve the flavour and firmness of the fish.

Q. How long will it require to boil?

A. Being rather large, it will take about half an hour: a small fish would not require more than fifteen or twenty minutes.

Q. What do you garnish with?

A. Horse-radish, and the liver and roe.

Q. What sauce?

A. Oyster sauce is generally preferred with cod: sometimes shrimp sauce.

MACKAREL.

Q. How will you boil these *Mackarel*?

A. I think they are best when put into cold water, Ma'am; but some prefer the water to be boiling when they are put in.

Q. How long will they take?

A. Gently simmering, about a quarter of an hour.

Q. How do you ascertain when they are done?

A. By the starting of the eyes and the splitting of the tails.

Q. What sauce do you serve with them?

A. Melted butter, with a little boiled parsley and fennel chopped small.

Q. What can you do with cold mackarel ?

A. They may be treated nearly in the same way as cold salmon. Boil up some of the liquor that the fish were boiled in with some allspice, or peppercorns, and a little salt. When cold, add a little vinegar, and pour the whole over the fish.

SALT FISH.

Of the different sorts of *Salt Fish*, barrelled cod, caught and cured off the coast of Newfoundland, and dried Ling, are most in estimation. There is always a plentiful supply during Lent. Cod should be chosen by its thickness, firmness, and whiteness; Ling, by being thick in the neck, and having the flesh of a bright yellow.

Q. How long do you soak *Salt Fish* previously to boiling ?

A. From twelve to eighteen or four-and-twenty hours, according to its degree of saltiness. As it is better that the fish should be rendered too fresh by soaking than that the salt should not be sufficiently extracted, the water ought to be repeatedly changed. A glass of vinegar thrown into the water has an excellent effect: it takes out the salt, and makes the fish as mild as though it were fresh.

Q. When you boil it, do you put the fish into hot or cold water ?

A. Into plenty of cold water, Ma'am; and, if it be of fine quality, it will be done in about a quarter of an hour's gentle boiling.

Q. How do you know when it is sufficiently done ?

A. When boiled enough it readily separates into flakes.

Q. Do you send it to table with vegetables ?

A. Yes, Ma'am; with boiled parsnips; and some persons like potatoes also.

Q. What sauce ?

A. Egg sauce, Ma'am.

Q. How do you make your egg sauce ?

A. I boil two or three eggs, according to the quantity required, very hard ; put them into cold water, to cool them ; and then chop them, yolks and whites together, but not too fine, and put them into hot melted butter.

FRIED FISH.

Q. Fried fish is too expensive a luxury to indulge in frequently ; but as it is occasionally required, I should like to know your general mode of cooking it ?

A. Having cleaned, well washed, and wiped the fish, I put it in a dry cloth, and let it remain an hour or two ; then I grate some stale bread into fine crumbs, beat up an egg, and, with a large feather or a paste brush, cover the fish with it. Next I sprinkle the bread crumbs over it, and it is ready to put into the frying pan.

Q. How do you prepare the frying pan ?

A. I put in plenty of dripping, lard, or, what is better, olive oil, and let it boil before I put in the fish. When the fish is done on one side, I turn it by sticking a fork in the head and supporting the tail by a fish-slice. After the fish is fried, I place it on a strainer in a dish, on a coarse hair sieve, or on some clean dry straw, that it may get perfectly dry and crisp before I put it on the table.

Q. What do you garnish with ?

A. Usually slices of lemon, cut in quarters, and crisped parsley.

Q. And what sauce ?

A. Plain melted butter ; or, if preferred, I add a little anchovy sauce to the butter. But it is better

to let the company help themselves from the anchovy sauce cruet.

GENERAL DIRECTIONS FOR STEWING.

Stewing is an important branch of cookery in all families, rich or poor, but more especially amongst the middle and working classes, with a view to economy. Properly managed, it is surprising with what a small quantity of meat, with the addition of vegetables, a large, substantial, and nutritious dish may be prepared.

It is of consequence also to remember, that most stews may be prepared either in a saucepan over the fire, or in a stone jar with a lid placed in an oven.

Generally speaking, the finer the meat the more richness is derived from a small quantity; but, by long, careful, gentle, stewing, many of the coarser parts will be found to answer the purpose almost equally well. All the gristly parts, for instance, such as feet, hocks, shanks, knuckles, &c., when thoroughly stewed are very productive of nutriment.

And as stews are improved by being made of several sorts of meat, it answers well to buy a pound or two of what are termed *trimming bits*, which are generally sold at about half the price of joints, and are nearly if not quite free from bone. Lamb's feet, shank-bones of mutton, and bits of gristle and bone, may frequently be had almost for nothing, and yet will contribute greatly to the excellence of a meal.

In the *thickening and flavouring of stews*, many sorts of dry grain or pulse, and meal—also roots, and fresh-gathered leaves or heads of growing vegetables—may be used. With the exception of potatoes, the vegetable matter may be cooked separately, or in the stew, as circumstances may render convenient.

But *potatoes* should always be partially boiled by themselves before they are put with the meat and other

ingredients in a stew, as the water in which potatoes are boiled has a poisonous property, and is very detrimental to health.

Parsnips, as they contain much saccharine or sweet matter, are very wholesome and nourishing, and may be boiled in stew or soup, either whole or sliced. By long boiling, they will go entirely to mucilage, and thicken the liquor. *Red beet roots* the same. *Turnips* and *carrots* are good, but less nutritious. For imparting flavour, *onions* are indispensable. In some cases, *leeks*, which are cheaper, answer the purpose. *Celery* is also useful for its flavour.

Rice is an excellent thickener of stews. A pound will thicken two gallons of stew. Carolina rice is the best, and goes furthest, but it generally costs about 4d. a pound; whilst the Patna rice may be had for three half-pence or two-pence. Before putting it into the stew, rice should be soaked several hours in soft water, with a little salt. The stew should be in a rapidly boiling state when the rice is put in, and should not cease until it is quite done. The rice requires about twenty minutes' boiling.

Scotch barley, in a smaller quantity than rice, may be used in the same manner; but it will require from two to three hours' boiling.

Peas, either whole or split, may also be used, having been soaked some hours in soft water, in which is dissolved a small quantity of soda. *Split peas* are nearly double the price of *whole peas*; but a pint of the former will go as far as a pint and a half of the latter. Like rice, they must be put into the stew while it is boiling rapidly. They will require about two hours.

Dried *kidney beans* (usually called *haricots*) may be used in the same manner, but will require more boiling.

Sago has the recommendation of requiring no soaking, and not more than twenty minutes' boiling.

Nothing is cheaper or better for thickening than

the *round* or *coarse Scotch Oatmeal*. It requires only to be smoothly mixed with a little cold water, and stirred into the stew when it is in a boiling state. From half to three quarters of an hour's brisk boiling is sufficient.

The proportions of seasoning for a gallon of stew are a table spoonful of salt to a tea spoonful of pepper.

Q. I suppose you have attended to the *General Directions for Stewing* ?

A. Yes, ma'am.

Q. Well, I wish for

AN IRISH STEW.

Can you manage an *Irish Stew* ?

A. Yes, Ma'am ; but there are two or three ways of making it.

Q. Tell me the first, or most economical way.

A. I put about a pint of water into a saucepan, with a little salt and pepper, and some scraps of meat, fat and lean, or fat only, if no lean can be had, and boil it gently for half an hour.

Q. What then ?

A. I then cut up about a dozen middling-sized potatoes, peel them, slice each into about half a dozen pieces ; partially boil them by themselves, and then, with an onion or two, add them to the stew.

Q. How will you know when the stew is done ?

A. When the potatoes are tender, and inclined to mash, the stew is ready for the table.

Q. Should the potatoes be bad, or too dear, could no cheap substitute be had ?

A. Yes, Ma'am ; half a pound of rice—the cheap Patna rice will do—may be boiled in about a pint of water, in a separate saucepan ; and when the rice has swelled, and is soft, and has absorbed the water,

it may be added to the stew, which will thus be found very good.

Q. If I wish for an *Irish Stew* of a better quality, how will you manage it?

A. I take off the fat of part of a loin of mutton, which I then cut into chops, and put into a saucepan. Next, I pare, wash, and slice very thin, some potatoes, an onion or two, and two or three small carrots, according to the quantity of stew required. Having parboiled the vegetables by themselves, I mix them with the chops in the saucepan, season with pepper and salt, just cover the whole with water, and stew it gently till the meat is tender, and the potatoes are dissolved in the gravy.

Q. Do you always make your Irish stew of mutton chops?

A. No, Ma'am; it may be made of beef steaks, or of beef and mutton mixed. The stew is much richer when made either wholly or partly of beef.

AN ENGLISH STEW.

This is a simple and economical preparation of cold meat.

Q. How do you make it?

A. I take whatever cold meat there may be, and cut it into slices; pepper, salt, and flour them, and lay them in a dish. I take a small quantity of pickled cabbage, or pickles of any kind, and sprinkle it over the meat. Then I take a tea or breakfast cup, according to quantity, half full of water; to which I add a little ketchup, a small quantity of vinegar from the pickle jar, and any gravy that may have been set by for use. I stir all these together, and pour the mixture over the meat. Then I place the meat before the fire, with a reflecting tin at the back, or put it into an oven of any description for about half an hour, and it will be quite ready.

STEWED BEEF.

Stewed Beef, or *Beef Bouillé*, is beef boiled, or rather stewed, without previous salting, but seasoned in the cooking, and with the addition of roots and herbs.

Q. Do you know how to prepare this dish?

A. Yes, Ma'am. I take a piece of brisket, or almost any other part of beef, bone it, and put it into a saucepan with a moderate quantity of water, a few pepper-corns, some carrots, turnips, onions, celery, and sweet herbs.

Q. Do you dress the meat in a single piece?

A. It may be dressed whole, or cut into pieces about four inches long and two inches broad.

Q. How long will it be before the stew is ready?

A. A piece of meat of three or four pounds will require to be stewed gently for fully four hours.

Q. What then?

A. When the meat is quite tender it must be taken out of the saucepan. The fat should then be carefully taken off from the soup or gravy, which should be thickened with a little butter and flour.

Q. I think the butter and flour make it too rich; cannot you thicken it with something else?

A. Yes, Ma'am: some prefer a little rice, or round oatmeal, or a few bread-rasplings.

Q. And then?

A. I season the stew with ketchup and a spoonful of mustard; let it boil a little, and pour it into a tureen or deep dish over the meat.

LEG OF BEEF.

Q. Can you make a stew of *Leg* or *Shin of Beef* in an economical manner?

A. Yes, Ma'am. I must first saw the bone into lengths of about four inches each.

Q. What will you do with the marrow ?

A. That may be reserved for a pudding.

Q. How do you proceed next ?

A. I remove the lean portions of the meat, and set on the bones and gristly parts in not less than two gallons of water, either in the oven or over the fire ; and they must be stewed for five or six hours or more. The bones must then be taken out, and cleared of all the gristly bits which are to make part of the stew.

Q. And then ?

A. I cut the raw meat into bits of about two ounces each, season them with pepper and salt ; and then, with the scraps of gristle from the bones, and six or eight onions, I stew them for six hours, in the liquor in which the bones were stewed, either over the fire or in the oven.

Q. Is that all ? Do you not add thickening of any sort ?

A. It will be found very rich without—a stiff jelly when cold ; but if preferred with thickening, a few bread raspings, or a little oatmeal or rice may be added. Or, with some boiled potatoes it will make a most substantial and nutritious meal.

OX-CHEEK.

This, like Leg of Beef, may be either stewed over the fire, or in a large deep stone dish or pan in the oven. The quantity of water in which it is placed must depend upon the degree of richness or strength required for the stew. A large cheek will take from three to five gallons ; but as it requires to be stewed a long time, the quantity will be much reduced when it is done. Discretion must also be exercised as to the quantity and sorts of vegetables to be used.

Q. What is your way of stewing an *Ox cheek* ?

A. I should like to prepare it either very early in

the morning, or the day before it may be wanted for the table.

Q. Well?

A. For a small or moderate-sized family, it is better to dress only a part of the cheek at once. I would let it soak some time : then wash it well, wipe it quite dry, and put it into a saucepan : or, if intended to be done in the oven, into a deep stone dish, or pan, with a cover. Then I pour in the water.

Q. What quantity of water is necessary?

A. That must be regulated by the quantity of meat, and by the degree of strength or richness you desire the stew to possess. If it should be very rich, I would not put much more water than would cover it, allowing something for the reduction of quantity in stewing.

Q. What next?

A. When it begins to boil, I skim it ; after which, I add two or three turnips or carrots sliced, or other vegetables if preferred, a head of celery, pepper, salt, and allspice.

Q. Is that all?

A. No, Ma'am ; when the cheek or head is sufficiently done, I take it out of the saucepan, and strain the gravy, and set it by to cool.

Q. And then?

A. When quite cold, there will be a thick cake of fat on the gravy. That I take off and put away, as it is excellent for making pie-crust. I then heat the gravy, and thicken it with whatever may be preferred, according to the *General Directions*, and flavour it with a table-spoonful of ketchup.

Q. What more?

A. I then divide the meat into pieces fit for the table, place it in a tureen or deep dish, and pour the gravy over it.

Q. How long does it take to make such a stew?

A. From four to five hours.

OX-TAILS AND PALATES.

Q. This is a very nice but not expensive dish: how do you prepare it?

A. I divide the tails at the joints, but the palates are better if stewed whole.

Q. What quantity of water do you allow?

A. In the proportion of a gallon to one palate and one tail. I stew or bake them till the liquor is reduced one half.

Q. What then?

A. By that time, the palates will be sufficiently tender to allow the prickly skin to be peeled off. I then strain off the gravy, set it to cool, and remove the cake of fat from the surface, as in dressing the ox-cheek.

Q. What more?

A. I again put the gravy into the saucepan, with the meat, two large onions chopped, or a handful of young onions, and add a little oatmeal or other thickening. A few turnips or carrots sliced, and Jerusalem artichokes, previously parboiled, may also be added. I let the whole stew gently for another hour, and then it will be ready.

Q. In the whole what time will it take to make the stew?

A. About the same as ox-cheek—from four to five hours.

SHEEP'S HEADS.

Q. How do you stew *Sheep's Heads*?

A. Having washed the head, or heads, very clean, I allow from two to three quarts of water for each head. Placed in a saucepan, as soon as the liquor boils I throw in a tea-spoonful of salt to make the scum rise. I then let it boil gently for half an hour,

when I skim it, and put in (with a little parsley) such vegetables as may be preferred, or at hand, with a little oatmeal, barley, rice, or other thickening, and pepper and salt.

Q. What next ?

A. I stir the whole well together, till it boils up ; then shut the lid of the saucepan close, and let it stew gently till done.

Q. How long does it require to be stewed after the vegetables and thickening have been added ?

A. A full hour or more.

Q. Might it not be done in the oven ?

A. Yes, Ma'am ; but that is not so nice a way, as it would be necessary to put all the ingredients together, cold, into the stone jar, dish, or pan. For cooking in the oven, fully two hours must be allowed.

GENERAL DIRECTIONS FOR MAKING SOUPS AND BROTHS.

Fresh meat, and the leaner the better, is always to be preferred for the making of soup, or broth : soup, if made from the liquor of salted meat, is apt to disagree with the stomach. The bones of cold meat, broken, may be advantageously used in making soup.

The liquor in which meat has been boiled, and which contains a large quantity of nourishment, ought always to be preserved for making soup. It is almost if not quite as good as *Stock*, and should be particularly attended to in small families. It is as necessary for the preparation of good broth or soup as for stews. Soup generally requires from three to six hours slow simmering, according to circumstances.

Soups and broths in general are better if made the night or the day before they are wanted ; as, by that means the fat, which rises to the surface as the liquor cools, may the more effectually be removed.

Should any fat be found to remain on the soup, a teacupful of flour and water mixed quite smooth, and boiled with it, will take it off.

Or, should soup be found deficient in richness or consistency, a piece of butter kneaded with flour, and boiled in it, will improve the soup in either of those qualities.

Vegetables should be very sparingly used in soups and broths, especially in those that are not intended for *immediate* consumption; as they cause fermentation and consequent acidity.

Care also must be taken, that the flavour of no particular herb or spice be allowed to predominate.

TO MAKE STOCK.

Q. What is *Stock*?

A. *Stock*, or stew—a sort of broth—is a preparation usually kept in large families or other establishments, for the more readily making of soup.

Q. How do you prepare it?

A. I take some lean meat—beef in preference, as it is richer—cut it into small pieces, and boil or simmer it slowly in a closely-covered saucepan, in the proportion of a pound of meat to a quart of water.

Q. It seems expensive?

A. In small families, the liquor left after the boiling of meat answers the same purpose; especially with the addition of the bones of joints previously cooked, marrow-bones, a cow-heel, &c.

Q. What time does the preparation take?

A. From five to six hours, according to the quantity.

Q. What then?

A. The liquor must be strained into an earthen vessel, and allowed to stand till perfectly cold. It will then most probably be a firm jelly, from which the fat may easily be removed.

Q. And what of the seasoning?

A. With the exception of pepper and salt, the spices and flavourings, as well as the sweet herbs and other vegetables, had better not be added till the soup is wanted.

GRAVY SOUP.

Q. How do you make *Gravy Soup*?

A. I cut a shin, or part of a shin of beef into small pieces, break the bones, put them into a saucepan, with a moderate quantity of water, or stock, and let them simmer gently for about three hours. I then add two or three onions, some celery, turnips, carrots, and a little spice. The whole must boil together, till the vegetables as well as the meat are thoroughly done. I then strain it, and thicken with a little butter and flour, or whatever may be preferred.

Q. What do you serve with it?

A. Toasted bread, cut into dice.

Q. Is there not a way to make a better description of *Gravy Soup*?

A. Yes, Ma'am. Gravy soup may be made in several different ways; and, when flavoured with carrots, celery, turnips, &c., it is usually called by the name of the vegetable by which it is principally flavoured.

Q. Well, how do you proceed?

A. I cut about two pounds of lean beef into pieces; pick out any scraps that there may be of fat or skin; break the bones, if any; and put the whole into a saucepan, with a piece of ham or bacon at the bottom.

Q. What then?

A. I cut in a carrot, a head of celery, or a turnip or two, as the case may be, and add a blade of mace and two or three cloves. Next, I *braise* or *brown* the

whole, turning the meat from one side to the other, and when it begins to stick cover it with hot water or stock. After that, I remove the scum as it rises, and gradually add more hot water or stock till the quantity for the soup is sufficient.

Q. And is it then ready for the table?

A. No, Ma'am; it must be gently simmered two or three hours longer. I then again skim the soup, strain it into a tureen, and serve with toasted bread as before.

SIMPLE OR VEGETABLE SOUP.

Q. Can you prepare a cheap, simple, *Vegetable Soup*?

A. Yes, Ma'am.

Q. In what manner?

A. I take three quarts of stock, or of the liquor in which any fresh meat has been boiled; put it in a saucepan, cut into it three or four turnips, one or two carrots, a lettuce, two heads of celery, a little parsley, and some small onions; adding a piece of butter, and some gravy if there be any.

Q. Well?

A. I stew the whole till the vegetables are quite tender, so that they may be rubbed through a sieve. I then season with pepper and salt, add a few spoonfuls of Scotch or pearl barley, rice, or sago, previously boiled separately; let all stew together for a quarter of an hour, and the soup will be ready. It will be found thick, wholesome, and nutritious.

ANOTHER, CHEAP AND WHOLESOME.

Q. If I wish for something rather better than your Vegetable Soup, how will you manage?

A. I can make a very good soup by taking a pound

of lean beef, cutting it into small pieces, putting it in a saucepan with seven or eight pints of water, a pint of either whole or split peas, a pound of potatoes (previously parboiled) sliced, three ounces of rice, two heads of celery, an onion or two, or three leeks. Having seasoned with pepper and salt, I let the whole stew gently till it is reduced to four pints.

Q. Could you not add something to improve the flavour?

A. Yes, Ma'am; a little fried cabbage and onion would increase its richness, strength, and flavour.

Q. And then?

A. I would pass it through a colander, and serve it with toasted bread.

PEA SOUP.

Q. How do you make common *Pea Soup*?

A. I take a pint of whole peas; and, having soaked them an hour in cold water, I put them into a saucepan with about a quart of water, and let them boil till they are sufficiently tender to be pulped through a sieve.

Q. What then?

A. I then return the liquor, with all the essential parts of the peas freed from the husks, into the saucepan, and add some good stock, or the liquor that pork, mutton, or beef has been boiled in. I next season with pepper and salt, and let it boil for another half hour.

Q. What then?

A. When done, I serve it up with fried bread, and little dried mint, powdered.

Q. Cannot you make

A PEA SOUP OF BETTER QUALITY?

A. Yes, Ma'am. I take a pint of split peas and

place them before the fire, and then put them into some warm water, and let them simmer gently till entirely dissolved. I next add some stock, or liquor that beef, mutton, or pork has been boiled in; with a couple of onions, a leek, a head of celery, a turnip, a carrot, and a small piece of pickled pork, bacon, or ham.

Q. But suppose you do not happen to have either stock or liquor?

A. With the little meat I have mentioned, the soup will do very well without; but it will be the better for some bones of either dressed or undressed meat. The feet, hocks, and ears of a pig, also make an excellent addition, and are very good food afterwards.

Q. Well, having proceeded so far, what next?

A. I continue the stewing till everything is very tender, and then I pass the soup through a colander.

Q. Should the soup be much reduced in quantity by stewing two or three hours, what must you do?

A. I must add more hot stock, liquor, or water. And during the stewing, I must stir the soup frequently to prevent the peas from burning at the bottom of the saucepan?

Q. What do you serve with?

A. Dried mint, powdered, and toasted bread cut into dice.

GREEN PEA SOUP.

Q. This is an excellent soup in summer: how do you make it?

A. First I shell a peck of peas, setting apart a pint of the youngest; the remainder I put into boiling water, and boil them till they are tender. Then I pour off the water and mash the peas with a wooden spoon. After that, I put the peas back into as much of the liquor as I wish to make soup of,

and boil them up again. Next, I strain the soup, and rub the peas through a hair sieve.

Q. But that is not all ?

A. No, Ma'am. Having boiled the young peas which I had set aside separately, I put them into the soup, and add pepper and salt, and then it is ready.

Q. I should think it must be deficient in both strength and flavour.

A. It may be made richer by boiling the peas in stock, or in the liquor that veal, mutton, or pork has been boiled in ; and it may be flavoured in various ways at pleasure.

Q. How so ?

A. By adding an onion, or a carrot, or a turnip, sliced ; or two or three spoonfuls of ketchup ; or a bit of butter rolled in flour.

CHEAP LEEK SOUP.

Q. How do you make *Leek Soup* ?

A. I mix a spoonful or two of oatmeal, according to the quantity of soup required, in cold water, very smooth, the same as for gruel. To this I add, gradually, until the whole is mixed, some stock, or the liquor or broth in which a leg of mutton, or any other meat has been boiled. Then I simmer it all slowly, adding any quantity of leeks chopped small, that may be required. Having seasoned it with pepper and salt, when the leeks are tender the soup is ready.

MUTTON BROTH.

Q. How do you make *Mutton Broth* ?

A. I take the scrag end of a neck of mutton, and put it into a saucepan with cold water, in the proportion of about a quart of water to a pound and a half of meat. I remove the scum as soon as it rises,

place the lid on the saucepan, and let the broth simmer for an hour or longer.

Q. Broth, as well as soup, should be as free from fat as possible, as it may disagree with the stomach, especially of invalids. How do you get rid of the fat?

A. If time will allow, I let the broth stand till it is cold, and then remove the fat in a cake from the surface; but, if not, I must carefully skim it off while warm.

Q. What do you thicken or flavour the broth with?

A. I season it with pepper and salt; and, for thickening, a little Scotch or pearl barley, oatmeal, or rice should be boiled with it. An onion, a turnip, and a little parsley, with dried thyme, or sweet marjoram, may be added, if desired; but, if made for the sick, the broth should be without herbs.

Q. Do you strain it?

A. If desired, Ma'am: but some prefer it without straining.

Q. I suppose *Beef Broth* may be made in nearly a similar manner?

A. Yes, Ma'am.

BARLEY BROTH.

Q. How do you make *Barley Broth*?

A. It may be made with a sheep's head, which must be chopped into pieces; or with mutton chops, with the fat cut off; or with a piece of the thick flank of beef, in the proportion of a quart of water to a pound of meat.

Q. How do you manage about the barley and other ingredients?

A. I first take a breakfast-cup full of Scotch or pearl barley, and simmer it gently in a consid-

rable quantity of water, proportioned to the quantity of meat, for half an hour.

Q. And the meat?

A. I boil, or rather simmer the meat separately, in a small quantity of water; adding to it whatever vegetables may be preferred: such as carrots and turnips, with onions or celery, or green peas if in season. I season with pepper and salt; strain and add the water from the barley; and let the whole simmer gently for two hours or more longer.

Q. I thought it was usual to leave the barley in the broth?

A. Some do so, Ma'am; others leave part of the barley in; but some keep it out altogether.

Q. How do you place it on the table?

A. I put the meat into a tureen, and pour the broth over it.

HASHES, GRAVIES, SAUCES, STUFFING, &c.

Respecting *Hashes*, which are sometimes necessary for the better disposal of cold meat, it must be remembered that meat which has been once cooked, must be hashed as lightly as possible; otherwise the meat will be hard, dry, unsavoury, and unwholesome.

And, if the meat when first cooked have been underdone, the hash will be all the better.

HASHED BEEF OR MUTTON.

Q. How do you hash *Beef* or *Mutton*?

A. Having cut the meat into thin slices, I remove all the bits of skin, bone, and gristle, for the purpose of making the requisite gravy for the hash.

Q. What sort of gravy?

A. First I put a piece of butter, with a little flour and a table spoonful of stock or water, into a small saucepan, with one or two onions sliced, and brown

them lightly. Then I put in the bones and bits of meat not wanted for the hash; adding a pickled onion, walnut, or gherkin, and a sprig or two of sweet herbs. Next, I pour in as much water as may be required, and let the whole stew until the gravy is sufficiently rich.

Q. What farther?

A. Then I strain the gravy, and flavour it with a little ketchup, to make sauce, or vinegar.

Q. But you seem to have forgotten the meat for the hash?

A. No, Ma'am; I take the slices of meat, season them with pepper and salt, put them into a saucepan, pour the prepared gravy over them, and let the whole simmer together for a few minutes, only just long enough for the meat to be warmed through.

Q. How do you serve it?

A. With three-cornered sippets of thin toasted bread round the dish, one corner of each sippet dipping into the hash.

HASHED HARE.

Q. How do you hash hare?

A. I cut it up into convenient pieces for serving; flour it; and make a gravy of the trimmings, with a little stock, or water, and any of the gravy that may have been left.

Q. How do you flavour the gravy?

A. With a table spoonful of currant jelly; and the remains of the stuffing or forced-meat should be put into it.

Q. How do you proceed?

A. I let the hare simmer for a short time in the gravy, and when lightly done serve it up with bread sippets, the same as hashed beef or mutton.

MINCED VEAL.

Q. This is one of the nicest and most delicate hashes that can be put upon the table, and it requires great care and attention in the preparation: how do you manage it?

A. I mince the veal as finely as possible, separating all the bits of skin, gristle, and bone, with which I make a gravy. Having made the gravy, I put a little of it into a small saucepan, with grated lemon-peel, and a spoonful of milk or cream. This I thicken with butter and flour, and mix it gradually with the remainder of the gravy.

Q. What then?

A. I season it with salt, a little Cayenne pepper, and lemon juice. Then I put in the minced veal; let the whole simmer together for a few minutes, and serve it with toasted bread sippets.

Q. Nothing else?

A. I garnish the dish with slices of lemon cut into quarters.

GRAVIES

Q. Do you know anything about making *Gravies*?

A. Yes, Ma'am; two or three simple ones.

Q. Well, can you make *Beef Gravy*?

A. Yes, Ma'am; I take a piece of the chuck, or neck of beef; cut it into small pieces, dredge them with flour, and put them into a saucepan, with as much water as will cover them. Then I add a little allspice, pepper, and salt. I cover the saucepan close; and when the ingredients boil I remove the scum. Next I throw in a crust of bread, and some raspings, and stew the whole till the gravy is rich and good. Then I strain it off, and pour it into the sauce tureen.

GRAVY FOR ROAST MEAT.

Q. Can you make an economical *Gravy for Roast Meat*?

A. Yes, Ma'am; a very economical one.

Q. In what manner?

A. About half an hour before the meat is done, I mix a teaspoonful or less of salt, with a quarter of a pint of boiling water. This I drop gradually on the browned parts of the joint, catching it as it falls on a dish set underneath. I set it by to cool, and, when it is cold I remove the fat. Next, I warm the gravy; and, when I have placed the meat on the dish, I pour the gravy into it.

BROWN GRAVY.

Q. For particular purposes, I should like a richer gravy than the one you before described: do you know how to make one?

A. Yes, Ma'am. I would take a piece of lean beef, or veal, and cut it into thin slices. These I would put into a saucepan, with a piece of butter, or a rasher of fat bacon, and an onion sliced. Having browned the meat lightly, I would cover it with a sufficient quantity of stock, or water, for the gravy; take off the scum, season with pepper and salt, add sweet herbs, &c., and stew the whole until the meat is thoroughly done. Then I strain the gravy, and thicken it with a little flour.

Q. But, cannot you flavour it, to suit different dishes for which it may be required?

A. Yes, Ma'am; that may be done by adding a little mushroom or walnut ketchup, Cayenne pepper, tomato sauce, lemon-juice, or whatever may be preferred.

APPLE SAUCE.

Q. How do you make *Apple Sauce* ?

A. It is only to pare and core the apples, Ma'am ; put them into a saucepan with a very little cold water, and two or three cloves, and let them simmer gently till quite done. Then drain off the water, beat the apples to a pulp, and add a small piece of butter, a little grated nutmeg or lemon-peel, and powdered sugar.

Q. Is sugar necessary ?

A. It is generally used, Ma'am ; but some like it better without, on account of the fine acid flavour of the apples.

EGG SAUCE.

Q. Can you make *Egg Sauce* ?

A. Yes, Ma'am. I take one, two, or more eggs, according to the quantity of sauce required, and boil them till they are hard. Having allowed them to get cold, I first chop the whites, and then the yolks, but neither of them very fine, and put them together. I then put them into boiling hot melted butter, stir the sauce well, and it is ready.

FISH SAUCE.

Q. Can you make a *Fish Sauce* that will answer generally ?

A. Yes, Ma'am. If the fish is boiled, I take a little of the water that drains from it, and add an equal quantity of stock—veal stock is the best—or of plain water. This I boil up in a saucepan with a whole onion, an anchovy, a spoonful of ketchup or soy, a little Cayenne pepper, and, if it can be afforded, a glass of white wine.

Q. Anything farther ?

A. I thicken it with a little flour and butter ; and if it can be had, it would be greatly improved by the addition of a spoonful of cream.

FORCED-MEAT OR STUFFING.

The way to make *Veal Stuffing* has been already described in the directions for roasting a calf's or bullock's heart. It is the stuffing most in request, and may, with or without slight variations, be used for various purposes.

HARE OR RABBIT STUFFING.

Q. What is the difference between Veal Stuffing and that which should be used for a *Hare* or a *Rabbit* ?

A. The same stuffing may be used for either, Ma'am ; or it may be a little varied.

Q. In what manner ?

A. For a *Hare* or *Rabbit*, I would boil the liver, if quite fresh, and chop it with about two ounces of beef suet, quite fine. I would also chop a little parsley and some sweet herbs with a little grated lemon-peel, pepper, and salt, and mix the whole together with an egg, beaten up, to give it consistency.

GOOSE, DUCK, OR ROAST PORK STUFFING.

Q. How do you make the stuffing for *Goose*, *Duck*, or *Roast Pork* ?

A. First I boil a few sage leaves with two or three onions, according to their size, or to the quantity of stuffing required ; and then chop them fine, with a breakfastcupful of stale crumbs and a piece of apple. I season with pepper and salt, and mix the whole together with the yolk of an egg and a little butter.

Q. Do you always boil the onions?

A. Yes, Ma'am, unless directed to the contrary; the stuffing is considered so much milder when the onions are boiled.

GENERAL DIRECTIONS FOR MAKING BOILED PUDDINGS.

Be careful that the cloths, or basins, in which puddings are boiled are always kept sweet and clean.

If a cloth be used, it must be scalded when done with, then squeezed, and kept in a dry place.

Before putting a pudding into a cloth, take care that the cloth is completely dry, buttered, and floured.

When done—that is, if boiled in a cloth—have ready a pan of cold water, into which dip your pudding on taking it out of the saucepan or boiler. This will prevent it from sticking to the cloth.

If a basin be used, do not forget to rub it round with butter, to prevent the pudding from sticking.

If boiled in a basin (covered, of course, with a cloth) turn your pudding frequently, and leave the saucepan uncovered. When done, take it up, and let it stand a few minutes in the basin to cool. Then untie the cloth, remove it from the top of the pudding, place your dish over the pudding, and turn it out. Remove the basin and cloth very carefully, as light puddings are apt to break.

Puddings require to be boiled in plenty of water, and by themselves, that they may not acquire the taste of other food.—*Suet Pudding* is an exception to this rule: it is very good when boiled with meat.

The water must always be made to boil before the pudding is put in the saucepan; and the pudding must be moved about to prevent it from sticking to the bottom.

Boiled flour puddings may be divided into two sorts: *batter*, or that which, when first made, is more or less *fluid*, and can be *poured* from one vessel into another; and *paste*, which may be *lifted*, as a *solid* mass, like pie paste.

If batter be *too fluid*, the flour will settle, and the lower part of the pudding be heavy; and the upper part will be thin, and the fat, should there be any, will be in one layer at the top, instead of being combined with the mass. If batter be *too stiff*, the flour will not expand properly, and the pudding will be hard and tough.

In the solid paste, no more liquid should be used than is necessary just to moisten every particle of the flour, so that none may hang about the basin or pan in which it is mixed, or the board on which it is rolled. If made too moist at first, the pudding will eat tough; and the flour required to make it sufficiently stiff for kneading or rolling out will never properly mix with the mass.

Paste puddings should be tied loose, but *batter* puddings quite close.

Batter puddings should be strained through a coarse sieve, when mixed; but, in every other sort, the eggs must be strained separately.

Very good family puddings may be made without eggs. A few spoonfuls of fresh table beer, or one spoonful of yeast, will be found a good substitute. In that case, the puddings must have very little milk, and must boil three or four hours.

BEEF STEAK OR MUTTON PUDDING.

Q. Have you closely attended to the *General Directions* for making *Boiled Puddings*?

A. Yes, Ma'am.

Q. I wish for a *Beef Steak Pudding*; and, as I prefer a pudding that is boiled in a cloth to one

that is boiled in a basin (the crust being lighter and more wholesome) unless when a basin is necessary to preserve the gravy, or juice, I wish to have it done in a cloth. What is your way of making it?

A. I make a stiff paste of flour, chopped beef suet, or marrow, mixed up with cold water, and seasoned with salt. I knead the paste thoroughly, and roll it out thin to the size required.

Q. What next?

A. I take the steaks, cut them into moderate-sized pieces, and season them with pepper and salt.

Q. Nothing more?

A. For the sake of flavour, some like the addition of a chopped or sliced onion.

Q. Well, I think that an improvement. What next?

A. I put the meat into the paste, and close it; and having buttered and floured the cloth, according to the *General Directions*, I tie the pudding rather loosely in it, and put it into the saucepan when the water boils.

Q. How long will it take to boil?

A. If a small pudding, it will require from two hours and a half to three hours; a large one will take from four to five hours.

Q. I suppose you make a *Mutton Pudding* in the same manner?

A. Yes, Ma'am.

Q. How do you serve?

A. Having taken it up, removed the cloth, and placed the pudding in a dish, I cut a round piece of the crust out, at the top, put in a bit of butter and a little boiling water, to increase the quantity of gravy; then replace the piece of crust cut out, and put the pudding on the table.

Q. Suppose you were to make the pudding in a basin?

A. Having buttered the basin, I should sheet or

line it with the paste ; put the meat in ; put a thin paste on the top ; then tie it up in a cloth, put it into a saucepan of boiling water, and let it boil till it is done.

Q. Are any other meat puddings made in the same manner ?

A. Yes, Ma'am ; any meat you please. *Sheep's Kidneys* make an excellent pudding, this way ; but they must first be split and soaked.

APPLE PUDDING.

Q. How do you make an *Apple Pudding* ?

A. I prepare the paste in the same manner as for a meat pudding. Then I pare, quarter, and core the apples ; and put them in the paste, with two or three cloves, a bit of lemon-peel, and a little nutmeg or cinnamon pounded fine.

Q. How do you serve ?

A. Nearly the same as a meat pudding ; only, when I have cut a piece of the crust out at the top, I put in a bit of butter, or a spoonful of cream, and stir the apple up with some soft sugar.

APPLE DUMPLINGS.

Q. How do you make *Apple Dumplings* ?

A. I make the paste the same as for an Apple Pudding ; halve, or quarter the apples ; take out the core, and replace it by a clove or a bit of lemon-peel ; put the pieces of apple together again, and inclose them with paste.

Q. Do you boil them—in cloths ?

A. They may be boiled either in cloths or without.

RICE PUDDING.

Q. This is a cheap and simple pudding : how do you make it ?

A. I clean and wash half a pound of rice, and then tie it up loosely in a cloth, allowing room for the rice to swell.

Q. How long will it take to boil ?

A. About two hours.

Q. How do you serve it ?

A. I make a sauce of melted butter, sugar, and grated nutmeg, and pour over it.

Q. Might not such a pudding be improved without much cost ?

A. Yes, Ma'am ; a quarter of a pound of currants, or of stoned raisins, mixed with the rice, would greatly improve it.

COMMON PLUM PUDDING.

Q. I am aware that *Plum Puddings* are made in various ways, according to the degree of richness required : I want only a common one, for family purposes : how will you make it ?

A. I take a pound of flour, a pound of chopped suet, and half a pound of stoned raisins, or currants, or the two together : to which I add some lemon-peel, half a glass of brandy, an egg, and a sufficient quantity of milk to mix with the whole.

Q. How do you boil it ?

A. In a cloth, Ma'am ; and it will require five or six hours.

Q. How do you serve it ?

A. When I have placed it in the dish, I grate a little sugar over it ; and it would be an improvement to have a sauce of melted butter and sugar, with a little wine : but that is optional.

GOOSEBERRY PUDDING.

Q. How do you make a *Gooseberry Pudding* ?

A. In the same manner as an Apple Pudding, Ma'am.

Q. And *Currants, Cherries*, and other green fruit, in the same manner, too, I suppose?

A. Yes, Ma'am; but it is safer, on account of preserving the juice, to boil them in basins than in cloths only.

A CHEAP PUDDING.

Q. I want a *Cheap Pudding* for to-morrow—a pudding that, when cold, may be broiled or fried. Can you make something of this sort?

A. Yes, Ma'am. I will take half a pound of flour, half a pound of well-chopped suet, a quarter of a pound of currants, and a sufficient quantity of milk for mixing the whole into a rather stiff batter.

Q. Do you boil it in a cloth or in a basin?

A. It will be best boiled in a basin, and it will require five hours.

Q. How do you manage it when cold?

A. It may then be cut into slices, and browned in the frying-pan.

BATTER PUDDING.

Q. How do you make a *Batter Pudding*?

A. I beat up three eggs, and mix them well with milk, and six ounces of flour, to the consistency of cream.

Q. Do you boil it in a cloth or in a basin?

A. Generally in a basin; and it will require an hour and a half.

BREAD PUDDING.

Q. How do you make a plain *Bread Pudding*?

A. Having soaked some thin slices of bread in boiling water, I beat them up fine with two or three eggs; add a little sugar and nutmeg, and boil the

pudding an hour, in either a cloth or a basin, as may be preferred.

Q. What sauce do you serve with it ?

A. Melted butter and grated sugar.

SUET PUDDING OR DUMPLINGS.

Q. Can you make a *Suet Pudding* ?

A. Yes, Ma'am. I take a pound of flour, and a pound of finely chopped suet, two or three eggs beaten up, a little salt, and as much milk as will be sufficient for mixing properly.

Q. Is that all ?

A. Yes, Ma'am. I then put it into a cloth, and boil it four hours.

Q. And are *Suet Dumplings* made of the same materials ?

A. Yes, Ma'am ; but they do not require more than two hours' boiling.

Q. Either the Pudding or the Dumplings may be boiled with meat, may they not ?

A. Yes, Ma'am.

HARD DUMPLINGS.

Q. How do you make common *Hard Dumplings* ?

A. I make them of a stiff paste of flour and water and a little salt, and boil them an hour.

Q. May they be boiled with meat ?

A. Yes, Ma'am ; they are particularly good boiled with corned beef.

PEAS PUDDING.

Q. What is your way of making *Peas Pudding* ?

A. I take a pint—or a quart, according to the required size of the pudding—of split peas, and dry them thoroughly before the fire. I then tie them up

loosely in a cloth, put them into warm water, and let them boil slowly two hours or more till they are quite tender.

Q. What then?

A. I then take them up, untie the cloth, beat them in a dish well with a little pepper and salt and a bit of butter. (The addition of the yolk of an egg is a great improvement, but it is not essential.) I beat the peas up till they are quite smooth, tie them up again in the cloth, and boil them an hour longer, when the pudding will be ready for the table.

HASTY PUDDING.

Q. How do you make *Hasty Pudding*?

A. I put a quart of milk on the fire with a little salt; and, when it boils, having some flour in one hand and a wooden spoon in the other, I let the flour gradually fall in, and keep stirring the whole till it is of a good thickness. Continually stirring it, I let it boil some time longer. I then pour it into a dish, and stick bits of butter in various parts.

Q. Cannot Hasty Pudding be made of a superior quality?

A. Yes, Ma'am. To make it very much better, I would boil four bay leaves in the milk, and beat up the yolks of two eggs with two or three spoonfuls of milk. Then I would take out the bay-leaves, put in the eggs which I had beaten up, and proceed as before.

Q. Might not a *Hasty Pudding*, or *Porridge*, be made with coarse oatmeal, in the same manner as you have first described?

A. Yes, Ma'am; and it makes an excellent, wholesome, nutritious breakfast.

Q. What do you give with it, as a breakfast or dinner?

A. There are several things, Ma'am: bits of butter stuck in, as in the Hasty Pudding; a little soft

sugar in a similar manner; or a little table beer, or treacle and water, poured over it.

YEAST DUMPLINGS.

Q. Can you make *Yeast Dumplings*?

A. Yes, Ma'am: I take some yeast dough, with salt, as for bread; but it is better made with milk than with water. I place the dough some time before the fire, to rise, with a cloth over it. When the dough has risen properly, I make it into dumplings, the size of a middling apple, put them into boiling water; and let them boil twenty minutes, when they will be done.

Q. How are they eaten?

A. As they become heavy by their own steam, the best way is to tear them asunder on the top with two forks; and they should be eaten immediately, with meat, or sugar and butter, or treacle.

GENERAL DIRECTIONS FOR MAKING BAKED PUDDINGS.

Some excellent *Baked Puddings* may be made very economically; and, if required, others may be made very rich.

Remember—that puddings made with flour, bread, or the like, will be found much the better if all the ingredients, excepting the eggs, be mixed three hours before putting them into the oven;—that the ingredients, when prepared and mixed, should not be poured into the dish or basin until just before placing them in the oven;—and that the preparation should be well stirred just before putting it into the oven.

Remember, also—that the appearance of such puddings as are made of rice, &c. is much improved by lining the dishes an inch or two below the edge, as well as on it, with short paste;—that the edge

and top of the dish must first be rubbed with butter; and that, if a pudding is to be turned out, after it has been baked, the whole dish should be buttered, and have a thin lining of paste.

MEAT AND POTATOE PUDDING.

Q. Have you attended to the *General Directions* respecting *Baked Puddings*?

A. Yes, Ma'am.

Q. Well, can you make a *Meat and Potatoe Pudding*?

A. Yes, Ma'am. I first boil a sufficient quantity of the best mealy potatoes; then peel them; mash, and rub them well through a colander, and make them into a thick batter, with one or two eggs, as may be preferred.

Q. What then?

A. I lay some steaks or chops, seasoned with pepper and salt, in a deep dish—pour some of the batter over them—place another layer of meat—add more batter—and so alternately till the dish is full; taking care to cover the last layer of meat with batter.

Q. How long baking will it require?

A. When it has reached a fine brown colour, it will be sufficiently done.

YORKSHIRE PUDDING.

Q. How do you make a *Yorkshire Pudding*?

A. According to the size required, I mix in the proportion of four spoonfuls of flour to a quart of milk and two or three eggs well beaten. I then butter a dripping-pan—a square one is best—and set it under beef, mutton, or veal, while roasting. When it is browned on one side, I turn the other side upwards and brown that also. It may be cut into squares for the table, either before or after browning the second side.

Q. Are there not other ways of making a *Yorkshire Pudding*?

A. It is very good baked under a piece of beef or mutton, especially a shoulder; or it may be baked with only the addition of a few spoonfuls of gravy.

TOAD IN A HOLE.

Q. This is an economical dish for a family: do you know how to prepare it?

A. Yes, Ma'am. I make a batter the same as for Yorkshire pudding, with the addition of a spoonful or two more of flour, and five or six ounces of chopped beef suet. Having buttered a deep dish I pour the batter in, and lay a solid piece of lean gravy beef, of about three pounds, in the middle of the batter.

Q. Is this the only way of making a *Toad in a Hole*?

A. Some persons, instead of a single piece of beef, take an equal weight of beef or rump steaks, cut into about half a dozen pieces. Another yet more economical way is to take any remains of cooked meat, salt or fresh, cut into pieces and seasoned, and placed in the batter.

POTATOE-AND-SUET PUDDING.

This is extremely simple. To a pound of potatoes, mashed while hot, add a quarter of a pound of chopped suet, and two ounces of flour, a little salt, and as much milk as will give it the consistence of common suet pudding. Roll the mass into dumplings, or place it in a dish, and bake it of a fine brown.

BREAD-AND-BUTTER PUDDING.

Q. How do you make *Bread-and-Butter Pudding*?

A. Having well buttered a dish, I lay thin slices of bread-and-butter all over the bottom. Then I sprinkle some currants. Next I place another layer of bread-and-butter, and add more currants. Thir

I boil a pint of milk, pour it on two eggs well whipped with a little salt, and half a nutmeg grated, (with the addition of cinnamon and lemon peel, if approved,) sweeten with sugar, mix well, and pour the whole over the other ingredients in the dish. It will be sufficiently baked in half an hour.

FAMILY RICE PUDDING.

Q. I wish for an economical *Rice Pudding*; what is the best way to make it?

A. I wash and pick half a pound of rice: Carolina rice is preferable, but Patna is cheaper. I put it into a very deep dish, with from one to two ounces of butter, or an equal quantity of suet, a quarter of a pound of soft sugar, a little allspice pounded, and two quarts of milk. It should be baked in a slow oven, and will be done in about three quarters of an hour. A few grocer's *raisins* or *currants*—*apples* pared and quartered, or almost any other fruit—may be added in this pudding.

Millet, Sago, or Tapioca Pudding may be made in much the same manner as rice.

SUET, OR SUET-AND-PLUM PUDDING.

Q. How do you make this?

A. I boil a pint of milk, and, when cold, I stir it into half a pound of flour, and six ounces of finely chopped suet. To this I add one or two eggs, as required, and a tea spoonful of salt.

Q. If I wish for plums in it?

A. I leave out the salt, and put in half a pound or more of either currants or stoned raisins. It will be sufficiently baked in about half an hour.

GENERAL DIRECTIONS FOR MAKING PIES.

In the making of pies, of whatever description, many little points require attention. Amongst these the due temperature or heat of the *oven* is important. *Light paste* should be put into a moderately heated

oven; as, if too hot, the crust cannot rise, and it will burn; and, on the contrary, if too slack, the paste will be soddened, heavy, and of a bad colour. What is termed *raised paste* should have a quick oven, well closed, otherwise the sides of the pie will sink in and spoil its appearance.

In the *making of paste or pie-crust*, take care to have the flour well dried. The coolest part of the house is to be preferred for the process. The best thing to make paste on is a slab of marble or slate, which, being cold and smooth, causes less waste than other substances, and is easily kept clean. To make good pastry, a *light hand*, which can be attained only by observation, practice, and experience, is requisite. It is desirable for the young pie-maker to obtain a little *practical instruction* from an experienced friend on this point: by such instruction she will obtain a clearer insight of the business than from anything that can possibly be said on paper.

The *tops and edges* of pie dishes should always be buttered before placing the paste.

Remember—that, whether you use *butter, lard, suet, or dripping*, for your crust, it must be *perfectly sweet*. Some persons employ lard, or equal parts of lard and butter. For general purposes good *salt butter* is the best material for paste. If you cannot get *butter*, an excellent *substitute* may be thus obtained.—Skin and chop a pound (or any quantity that may be required,) of *beef* (or even *mutton*) suet. Put it in a mortar, and pound and work it well, adding, from time to time, a few drops of salad oil, till it is reduced to about the consistency of butter; and it may then be used in precisely the same manner as butter.

Respecting *Sweet Pies*, whether made with summer fruits, or with jam, or winter preserves, most of them may be much improved by a mixture of apples, pared and thinly sliced. If *syrup* be wanted, a few slices of apple, boiled with a little jam in sugar and water will effect the purpose.

PASTE-MAKING.

Q. Have you made yourself thoroughly acquainted with the *General Directions for Pie-making*?

A. Yes, Ma'am.

Q. And do you know anything of the *different sorts of paste* that are occasionally used for different purposes?

A. Yes, Ma'am: there are two or three sorts of *Common Paste*, for *family pies*; *Puff Paste*, of two or three degrees of lightness, for *meat pies* and other purposes; and *Short Paste*, also of different degrees of fineness, for fresh *fruit pies* and *tarts*. And there are various sorts of paste for raised pies, custards, cheese-cakes, and the like.

Q. Well, never mind the very fine sorts, which are wanted mostly for the tables of the rich: how do you make *Common Paste*?

A. Into a pound and a half of flour I break in a quarter of a pound of butter, add a little water, work it into a tolerably stiff paste, and roll it out thin. Then I put some bits of butter on it, to the amount of an ounce or two, according to the goodness required, dredge it with flour, fold it up, roll it well out again, and then set it by for half an hour before I make the pie.

For *very large pies*, I take a peck of flour, a pound of butter, half a pound of suet, three eggs, and the requisite quantity of water. I work it well up, and roll it out in the way I have described.

Q. Next for the *Puff Paste*?

A. I rub half a pound of butter into a pound and a half of flour, add a little water, and proceed in all respects as with the puff paste; excepting that I roll it out thin *three times* instead of *twice*.

Q. Now for the *Short Paste*?

A. I rub in a quarter of a pound of butter with a pound of flour, wet it with water and two eggs, work it up to a good stiffness, and roll it out thin.

BEEF STEAK OR MUTTON PIE.

Q. How do you make a *Beef or Mutton Pie*?

A. I divide the steaks into pieces of a moderate size, season them with pepper and salt, and put them into a dish lined with thin paste, either down the sides only, or throughout, as may be preferred. I pour in as much water as will half fill the dish, and cover with a thicker crust. Nicely closing the outer with the inner crust, I make four holes in the top of the former, for the escape of steam; send the pie to the oven, and bake it two hours.

Mutton Pie is made exactly in the same manner, with chops or whatever pieces may be convenient.

Q. Do you never make any addition to the steaks or chops?

A. You may, if you please, add two or three onions, sliced or chopped—or two or three boiled potatoes, sliced, with gravy, ketchup, and the like.

VEAL PIE.

Veal Pie is made in a similar manner, with chops from the neck or loin. It may be greatly improved by the addition of some slices of ham or bacon, or some sausage meat. Bake two hours.

PORK PIE.

This is made in the same manner as Beef or Mutton Pie, excepting that the meat should be seasoned with sage, onion, &c.

DEVONSHIRE SQUAB PIE.

Q. Can you make what is called a *Squab Pie*?

A. Yes, Ma'am. I line a deep dish throughout with thin paste; put at the bottom a layer of mutton chops seasoned with pepper and salt; then a layer of sliced apples and onions; then another layer of chops, and so on. Next I pour in a pint of water, close up the pie, and bake it two hours.

EEL PIE.

Q. How do you make *Eel Pie* ?

A. I skin and clean some good-sized eels, cut them into pieces of an inch-and-a-half or two inches long, season them with pepper and salt, and (if approved) some dried sage rubbed small. I then put them into a dish lined with thin paste, pour in as much water as will cover them, place a good puff paste on the top, and bake from an hour to an hour and a half, according to size.

Q. If required, might not this pie easily be made richer ?

A. Yes, Ma'am. To effect this, I would, with a little broth or stock, make gravy of the heads and tails of the eels, season it, add a little lemon juice, thicken it with butter and flour, and pour it into the pie.

In the same manner, various other *Fish Pies* may be made.

APPLE PIE.

Q. How do you make *Apple Pie* ?

A. I pare some good apples, all of the same sort, quarter and core them, and lay them regularly and close together in the dish, till it is full. I add three or four cloves, or a little cinnamon, and cover with good moist sugar, having mixed with it a little grated lemon peel. A quince greatly improves the flavour. In the winter or spring, when the apples have got flat, the squeeze of a lemon is desirable. I cover with *puff paste*, unless *short paste* be preferred, making four holes in the top. Bake about an hour and a quarter.

Other fruit pies—*plum, cherry, gooseberry, currant, raspberry, &c.*—require to be made in a manner very similar.

RHUBARB PIE OR TART.

Q. How do you make *Rhubarb Pie or Tart* ?

A. I cut the rhubarb into lengths of three or four inches, take off the thin skin, and, thus prepared, I let it simmer very gently in its own moisture till it is quite tender. Then I put it into a dish with a little of the liquor, add some good soft sugar, cover it with a light crust, and bake it in a slow oven.

MINCE PIES WITHOUT MEAT.

Q. How do you make *Mince Pies* without meat?

A. I take two pounds of raisins, stoned—one pound of currants—two pounds of apples, pared, cored, and minced—one pound of good soft sugar—one pound of beef suet—the juice of one lemon—half of the rind of one lemon, minced very fine—two ounces of mixed spice—one ounce of candied lemon peel—one ounce of citron—and one glass of brandy. This preparation, neither expensive nor troublesome, will make excellent *Mince Pies*, for which I use the lightest *puff paste*.

BOILING OF VEGETABLES.

GENERAL DIRECTIONS.

WHENEVER it may be practicable, all *green* vegetables should be gathered from the garden *early* in the morning of the day on which they are to be cooked. Their *freshness* is an advantage which only residents in the country can fully appreciate.

When gathered, let them be carefully washed, and

have all the old, coarse, and dead leaves carefully picked off and thrown away.

An hour before they are to be cooked, put them into a pan of clean *cold* water, with a little salt in it. This will free the vegetables from both insects and dirt.

But, *remember* carefully to drain off this salt water from the vegetables before putting them into the saucepan to boil, or the boiling will be too long kept back, and they will thus be deprived of their nice green colour.

Remember also to boil them in *plenty of water*; let the water *boil fast* when they are put in; and *let it continue to boil fast*, till they begin to sink, and are *quite tender*, which are the signs of their being done.

To assist in *preserving their greenness*, throw one or two table spoonfuls of salt into the saucepan with them.

Do not let them be overdone, or their colour will be spoiled.

When done, let them be carefully strained; do not allow them to remain in the water a minute after they are off the fire, or they will lose their colour, beauty, and flavour. Throw the water away immediately, as the water in which vegetables have been boiled is very unwholesome, and exceedingly offensive—especially the water in which *cabbage* has been boiled.

For the boiling of vegetables, *always use soft water*—pure rain or river water; for hard water inevitably spoils not only the colour, but the flavour of such as should look green.

If you can obtain none but *hard water*, you must throw into it a little soda, or a tea spoonful of salt of wormwood.

With the exception of carrots and parsnips, which may be boiled with salt beef or pork, *vegetables must never be dressed with meat*.

Q. What are your *General Rules for the Cooking of Vegetables* ?

A. To insure their perfection, they should be gathered early in the morning, before the dew is off, or the sun has heated their juices.

Q. What then ?

A. I pick and wash them ; and an hour before boiling, throw them into a pan of cold water, with a little salt in it, thoroughly to get rid of insects and dirt.

Q. Do you boil them in much or in a little water ?

A. In plenty of water, Ma'am—*soft* water ; and the water, having some salt thrown into it with the vegetables, must boil fast when they are put in, and be kept boiling fast till they are done.

Q. How do you know when they are sufficiently done ?

A. By their beginning to sink, and being quite tender.

Q. If you cannot get soft water, what must you do ?

A. I must throw in a little soda, or a tea spoonful of the salt of wormwood, which will prevent the vegetables from losing their colour.

Q. Do you ever dress vegetables along with the meat ?

A. Only carrots or parsnips, Ma'am, which may be boiled with salt beef or pork.

POTATOES.

Q. How do you boil Potatoes ?

A. The best way is to boil them in their skins ; as, if the skins are taken off previously to boiling, the water penetrates, and renders them soft and watery instead of their being, as they should be, dry and floury.

Q. Do you ever cut them before boiling ?

A. Never, Ma'am ; for the same reason that they should not be pared—the water would penetrate and spoil them.

Q. Well, how do you proceed ?

A. Having washed the potatoes—and they should all be as nearly of the same size as may be, that they may boil equally—I put them into an iron saucepan, and just cover them with cold water. I sprinkle a little salt over them, and place them over a moderate fire till they boil. Then I place them on the side of the fire, in a reduced heat, that they may simmer slowly till they are done.

Q. How do you know when they are done ?

A. When the skins begin to crack, or when they are sufficiently soft for a fork to pierce them easily, they are boiled enough.

Q. And then ?

A. I pour the water off—hold the saucepan over the fire, with the lid off, for a minute or two, shaking the potatoes in it all the time, so as to allow the steam to pass off. Then I set the saucepan on a trivet, at a good distance above the fire—or by the side of the fire—near enough to keep the steam rising, but not to burn. I next place a piece of soft linen cloth, or a napkin, over them to absorb the moisture. In three or four minutes, they may be turned out of the saucepan into a dish, peeled, and sent to table.

Q. How long does it generally take to boil potatoes ?

A. From a quarter of an hour to twenty, or five and twenty minutes.

Q. I think I have seen potatoes boiled rather differently ?

A. Some cooks, Ma'am, instead of placing the potatoes over a moderate fire at first, make the water boil as quickly as they can ; then pour the boiling water off—fill the saucepan up with cold water—

make it boil again—and then proceed as I have already described.

Q. Do you think this a good way?

A. Yes, Ma'am, I believe it is; but it requires more time and attention; the effect is as nearly as possible the same; and I am not aware that it has any particular advantage.

CABBAGES, SAVOYS, TURNIP-TOPS, AND OTHER GREENS.

In boiling these, nothing more is necessary than attention to the *General Directions*.

Q. If the Cabbages or Savoys happen to be large, what do you do?

A. I cut them into quarters.

Q. How do you get rid of the water from boiled greens?

A. I put them into a colander to drain, pressing them only very gently, that I may not spoil their appearance.

Q. How do you send them to table?

A. It is a good plan to put a perforated plate, or strainer, at the bottom of the vegetable dish; or even a small plate, or a saucer, without holes, may serve to take off such water as may have remained.

CAULIFLOWER.

Q. How do you dress a *Cauliflower*?

A. Attending to the *General Directions*, I trim off the outside leaves, leaving a little of the tender green.

Q. How long does it take to boil?

A. It requires to be boiled slowly for about a quarter of an hour or twenty minutes, and to be taken up the moment it is done.

BROCOLI.

The outside leaves must be trimmed off, the same as those of cauliflower; and the stalks and little branches must be skinned. Attend to the *General Directions*. The boiling will take from ten to twenty minutes, according to size.

SPINACH.

Q. Do you use much water in boiling *Spinach*?

A. No, Ma'am; it does not require any water.

Q. How then?

A. Having very carefully washed and picked it, I put it into a saucepan that will just hold it, sprinkle it with salt, and cover it close. I place the saucepan over the fire; continue to shake it; and in about ten minutes it will be done.

Q. What next?

A. I carefully press all the moisture from it; chop it very fine; add a piece of butter, and pepper and salt, and serve. It looks very pretty if pressed into a tin mould, in the form of a leaf.

SPINACH AND EGGS.

Q. How do you manage this little supper dish?

A. Having dressed the spinach as already described, I poach some eggs—trim off the ragged parts of the whites—and place them on the spinach. In preparing the spinach, it will be an improvement to add a spoonful or two of cream.

ASPARAGUS.

Q. How do you cook this delicate vegetable?

A. First I scrape the stalks; then I cut off the refuse portion, leaving all the heads as nearly as may

be of the same length, I throw them into a pan of water, with salt, to soak for a while; and next I tie them in small bundles with tape.

Q. How do you boil them?

A. I put them into boiling water, with some salt; and as soon as they begin to be tender I take them up. If boiled too much, the heads lose their colour and become insipid.

Q. What next?

A. I toast a round of bread, of about half an inch in thickness; then dip it into the liquor the asparagus was boiled in, and lay it in a dish. I pour melted butter over the toast, and then lay the asparagus round the dish, the heads all inwards pointing to the centre.

Q. Do you serve with melted butter?

A. Yes, Ma'am; with melted butter in a boat; but the butter must not be poured over the asparagus, as it would soil the fingers.

SEA KALE.

This must be tied in bundles, boiled till white and tender, and served on toast the same as asparagus.

VEGETABLE MARROW.

Q. How do you dress *Vegetable Marrow*?

A. The simplest mode of dressing it is, to peel it, cut it in halves, or quarters, lengthwise, according to the size, and boil it with a little salt in the water.

Q. And then?

A. It must be pressed a little, to free it from the water; and it is eaten with melted butter, pepper and salt, either with or without meat.

Q. And may it not be sliced, and served upon toast, the same as asparagus?

A. Yes, Ma'am; or it may be boiled with a little

lemon peel, and mashed in the same manner as turnips—or stewed in rich gravy—or fried in batter, with egg and bread crumbs—or fried in butter or lard with pepper and salt. From the number of ways in which it may be dressed, it is an exceedingly useful as well as very nice vegetable.

PEAS.

Q. How do you boil peas ?

A. Briskly, Ma'am ; in plenty of water, with a little salt in it.

Q. How long do they take boiling ?

A. From twenty minutes to half an hour, according to their age and size.

Q. When they happen to be of mixed sorts, differing in age and size, what do you do ?

A. The best way of separating the large from the small is by means of a sieve.

Q. And then ?

A. The larger and older peas should be put into the saucepan some minutes before the younger ones ; and then they will be all done nearly about the same time.

Q. How do you serve them ?

A. I stir up two or three little bits of butter amongst them, and add a little pepper and salt. Most persons like to have two or three sprigs of mint boiled amongst the peas.

FRENCH BEANS.

Q. How do you prepare *French* or *Kidney Beans* ?

A. I cut off the stalk end first ; string them on each side ; and, unless very young indeed, I slit them down the middle, and cut them across.

Q. And then ?

A. I throw them into cold spring water, with a

little salt, and let them remain about an hour. Then I put them into boiling water, with a little salt, and they will be done in a quarter of an hour or twenty minutes.

BROAD OR WINDSOR BEANS.

These are boiled in the same manner as peas ; but they must be served up with melted butter and parsley.

HARICOT BEANS.

These are the dried seeds of the *French*, or white *Kidney Bean*, or of the *Scarlet Runner*. They are extensively used in France—have been some time introduced into this country—and, in the winter, when potatoes and other vegetables happen to be scarce, they form a cheap and wholesome substitute. The French use them also in soups, stews, hashes, &c. In England, they are usually sold for three pence or four pence a quart ; but they swell very much in boiling. They may be dressed in various ways.

Q. What is the most usual way of dressing what are called *Haricot Beans* ?

A. In the first place, they must be soaked in water several hours—a whole night is not too much. For boiling they must be put into *cold water*, with some salt in it.

Q. What time do they take ?

A. They must be boiled, or rather simmered slowly, for from three to four hours.

Q. And then ?

A. When they begin to swell, the boiling must be checked by throwing into the saucepan a tea cupful of cold water. They will then burst, like mealy potatoes. Immediately that the bursting takes place, the water must be strained off, and they must be set aside till required for dinner.

Q. But how are they served, and eaten ?

A. They may be eaten with meat, like any other vegetable, with butter or gravy.

Q. But can you not prepare them in a nicer manner ?

A. Yes, Ma'am. Having boiled the beans, as I have already described, I put a piece of butter or clarified fat into a saucepan ; and, when melted, I dredge in about a third part of a table spoonful of flour. Having thoroughly mixed the butter and flour, I add a wine glassful of broth, or of water ; stir the whole till it boils ; then put in the boiled beans, with some chopped parsley, or chopped chafot if approved, and some pepper and salt.

Q. Well, what next ?

A. I put the lid on the saucepan, and shake it now and then over the fire, till the preparation has boiled up twice, and the beans are sufficiently hot.

Q. Anything further to be added ?

A. If there are any remains of cold gravy, it would be an advantage.

TURNIPS.

(*The way to prepare, boil, and mash Turnips is fully described under the head of "A BOILED LEG OF MUTTON," at page 9.*)

CARROTS.

Q. How do you dress Carrots ?

A. I first wash, and brush them clean with a hard brush. *Brushing* is better than *scraping*, as *scraping* spoils their flavour. If large, I cut them in two, crossways.

Q. How long do they require to be boiled ?

A. *Young* carrots will be sufficiently done in about twenty minutes : *old* ones will take nearly if not quite

double that time ; but whether young or old, they must be boiled *slowly*, and till they are *quite tender*. They may be boiled with salt beef, or pork.

Q. And when you have taken them up ?

A. I rub off the skin with a clean coarse cloth.

Q. How do you serve them ?

A. If large they should be quartered. Some persons eat melted butter with them, but others prefer them with the gravy of the meat.

Q. Is it not usual to garnish the dish with them ?

A. Yes, Ma'am. I slice a carrot or two cross-ways, and lay the pieces round the dish.

PARSNIPS.

Parsnips require to be boiled much in the same manner as carrots. When they are soft, which may be known by sticking a fork into them, they are done. When you have taken them up, rub them with a clean coarse cloth, throw away all the sticky parts, and send them to table with melted butter in a boat.

Parsnips are exceedingly nutritious ; they are excellent with salt fish, or salt beef or pork ; and in many cases are a good substitute for potatoes.

BEET ROOT.

Q. How do you cook *Beet Root* ?

A. It must be boiled by itself till it is quite tender ; and care must be taken not to break it, or the colour will be spoiled.

Q. For what purpose is beet root mostly used ?

A. Sliced, after it has been boiled, it forms an excellent ingredient in salads, especially in the winter. It is also very nice, sliced, and stewed with onions in a little gravy, adding a spoonful of vinegar.

ARTICHOKES.

Q. How do you boil *Artichokes* ?

A. I trim off the stalks and the outside leaves—wash the artichokes—and soak them awhile in salt and water. I put them into the saucepan, tops downwards, when the water boils.

Q. How long do they take to boil ?

A. From an hour and a half to two hours : they must be boiled till they are quite tender.

Q. What sauce do you serve them with ?

A. Melted butter.

JERUSALEM ARTICHOKES.

These may be boiled in the same manner as potatoes. When done, they are soft. Serve them covered with melted butter.

ONIONS.

Q. How do you dress *Onions* ?

A. Forming a dish by themselves, they may be either boiled or roasted, whole, and in their skins.

Q. What are the best sorts ?

A. The large onions from Spain and Portugal. They are milder, and of a finer flavour than those of English growth.

Q. With what sauce do you serve them ?

A. They are generally eaten with plain cold butter, pepper, and salt.

SALAD.

Q. How do you prepare a common *Salad* ?

A. I take coss or cabbage lettuce—endive and celery—mustard and cress—water cress—a few young onions if approved—or whatever salad herbs

may be most in season, and all as fresh as possible. I wash them, drain them, and dry them in a soft clean cloth.

Q. What then?

A. I beat up the yolk of a hard-boiled egg with a table spoonful of water or cream: add two or three table spoonfuls of fine oil, or of cream, or of cold melted butter, whichever may be preferred; a little salt and mustard; and, if approved, a very small quantity of Cayenne pepper.

Q. Anything more?

A. I mix these together till they are thoroughly incorporated; then I add two table spoonfuls of the best vinegar, which must be also well rubbed up with the other ingredients.

Q. What next?

A. I place the salad, all properly prepared, in the bowl—pour over it the mixture I have described—and then mix the whole well together, with a salad-fork and spoon, of wood, if at hand.

Q. What do you do with the white of the egg?

A. That may be either used, in large pieces, as garnish for the salad, or it may be chopped small, and mixed with it.

Q. Could anything be done to improve such a salad?

A. Yes, Ma'am; a few thin slices of boiled beet root would greatly improve it, both in appearance and flavour.

BREAD-MAKING, BAKING, &c.

INTRODUCTORY OBSERVATIONS.

FROM the remotest antiquity, the flour or meal of grain appears to have been used as food for man. Of some description or other, bread is now found in every part of the world to which civilization has extended. At first, the grain, whether of wheat, barley, oats, or rye, was only coarsely broken between stones; and in some parts of Germany, to the present day, bread is made of grain nearly entire, or but just bruised. In the reign of Henry VIII., the gentry are said to have had wheat sufficient for their own tables, but their households, and their poor neighbours, were usually obliged to content themselves with rye, barley, or oats. In 1596, according to the household book of Sir Edward Coke, rye-bread and oatmeal formed a considerable part of the diet of servants, even in great families, in the southern counties; and, down to the time of Charles I., in 1626, rye-bread was the usual food of the lower classes. The case is now widely different: throughout England, wheaten bread is in almost universal use. Thus, everybody should be acquainted with the general principles of Bread-making. In the families of cottagers and labourers of all descriptions—in those of tradesmen, particularly in the country—and in all large establishments, in which economy is an object, the knowledge *practically* considered, is of vast importance.

Domestic bread-making is far less difficult, and far more advantageous, in point of expense as well as regarding the quantity of nutriment derivable from a given quantity of bread, than is usually imagined.

Home-made bread and *bakers' bread* are very different things. The former is sweeter, lighter, more retentive of moisture, and more nutritive: the latter, if eaten soon after it has cooled, is pleasant and spongy; but if kept for more than two or three days, it frequently becomes dry, harsh, and unpalatable.

From what has been said, it is obvious how desirable is the art of bread-making to a female servant—a cottager's wife—the mother of children—the mistress of a family in the middle class of society. In the country—and it ought to be the same in towns—the capability of making bread often constitutes the main recommendation of a servant to a good place.

To guarantee the purity of meal or flour, it is of importance to possess a family mill, which may be obtained for about three guineas or three guineas and a half. The labour of grinding the corn is comparatively nothing: it may be accomplished even by children for their amusement; and the cost of the mill will very soon be saved in the consumption of bread of superior quality.

It now becomes necessary to show the difference between what is termed *meal* and what is termed *flour*. The grain of wheat, as every one must have observed, is of a reddish or yellowish colour on the outside, and white within. In grinding, the inside is usually separated from the outside; the inside being called *flour*, and the outside *bran*; but, when the two are not separated, the produce of the grinding is called *meal*. And there is as much difference between meal and flour, in their properties as food, as there is between the outside and the inside of the wheat in colour, before it is ground. It is altogether an erroneous idea that the *finest* flour produces the most *nutritive* bread. The direct contrary is the case. It has been ascertained, by chemical analysis, that *brown bread*—that is, bread made from meal in its unseparated state—contains ten per cent. more

nutriment than *white bread*, or bread made with the flour separated from the bran. And meal is more wholesome, as well as more nutritious than flour. This is abundantly shown by the fact, that, "taken alone, white bread and water will not support life; but bread made of meal—either wheatmeal or oatmeal—will support life, with full health and strength."

According to medical men, *white bread*—bread made from the separated flour,—is almost entirely digested in the stomach, whence it passes into the blood-vessels. As regards *brown bread*, or that which is made from meal, the unseparated produce of the mill, "the bran is not at all digested, and a considerable portion passes through the bowels, exciting in its passage the requisite action of the bowels by its roughness and by its bulk. There is also a resinous substance in the bran which promotes this effect." Unless a proper quantity of matter pass through the bowels, their action cannot be salutary, and ill health will be the consequence. On these points we speak decisively, from our own knowledge.

Ovens.—A regularly built brick oven, with a cast-iron floor, is, for all general purposes, much preferable to any of the patent ovens which have been introduced of late years. Its interior should be circular in form, with a coved roof; and not higher from the floor to the roof than twenty-four inches, nor less than twenty inches. The mouth should be small, and have an iron door to shut quite close. An oven thus constructed will require less fuel, will heat more quickly, and will bake every thing much better, than one that is larger and with a higher roof.

The iron oven, however, which is more usually placed in kitchen ranges or grates, even of the cottage size, and which is heated without an additional

fire, answers very well, not only for the baking of meat, pies, puddings, &c., but also for bread upon a small scale.

Even the "American oven," as it is termed, which costs only a few shillings, and requires only to be placed before any common fire, will bake one tolerably large loaf at a time.

Q. Which makes the more wholesome and the more nutritive bread—*meal* or *flour*?

A. Meal.

Q. But what is the difference between meal and flour?

A. *Meal* is ground wheat (or oats,) as it comes from the mill, without any separation of the *bran*: *flour* is the *white* inside of the wheat separated from the outside *reddish* husk, or *bran*.

Q. Are not different sorts of flour made from the same grain?

A. Yes, Ma'am; there are said to be five sorts of wheaten flour, besides meal, all produced by the miller from the same grain: fine flour, seconds, middlings, coarse middlings, and twenty-penny.

Q. How are all those different sorts disposed of?

A. The finest flour is used chiefly for biscuits and pastry; the inferior sorts, intermixed, in certain proportions, are used, by bakers, for bread varying in degrees of fineness.

Q. Why is brown bread, or bread made from meal, more wholesome than that which is made from flour?

A. Medical men say, because white bread digests too rapidly in the stomach, and its produce passes thence immediately into the blood-vessels; whereas the bran, which is allowed to remain with the meal, possesses certain properties which are favourable to less rapid but more nutritive digestion.

Q. If you wish to make bread of intermediate fineness—that is, between the bread made of meal alone and the bread made of flour alone—I suppose you prepare a mixture of different sorts?

A. Yes, Ma'am; in certain proportions, according to the degree of fineness required.

BREAD.

Q. How long is it since the last wheat was ground?

A. Rather more than a month, Ma'am.

Q. That's right: meal, or flour, should always be kept a month, or more, after it has been ground, before it is made into bread. Measure two pecks—that is, half a bushel—and then tell me how you will proceed to make the bread?

A. Having measured the flour, and placed it in the kneading trough, I must make a deep hole in the middle, with my hand, but not to the bottom of the trough.

Q. What next?

A. Then I take a pint of good fresh yeast—or, if the yeast be thin, a pint and a half—and mix it with about two quarts of warm but not scalding hot water. Thus prepared, I pour the yeast and water gradually into the hole, mixing the flour with it, at the same time increasing the size of the hole, and taking care not to let the liquid run over into the trough.

Q. Supposing your yeast to be not sufficiently strong, or lively, are there any means of improving it?

A. Yes, Ma'am; I should dissolve half a teaspoonful of the carbonate of soda in the warm water with which I mix the yeast.

Q. Of what consistency do you, in the first instance, make your dough or batter?

A. By the time I have mixed in all the yeast and water, the batter should be rather thicker than good

treacle, and it should form a little pond as it were, in the middle of the flour in the trough. The unwetted part of the flour surrounding the pond must stand up like a bank, or wall, three or four inches or more above the surface of the pond.

Q. And then?

A. Then I sprinkle a little flour over the top, and cover the trough with a coarse cloth or piece of sack-
ing, and leave the batter or sponge to rise.

Q. How long will it take to rise?

A. From one to two hours, according to the state of the weather. When very cold, it should, to quicken the process, be placed near the fire.

Q. Must you not watch its progress?

A. Yes, Ma'am; I must let it rise as high as it will, and take care not to let it sink.

Q. What do you do next?

A. As soon as it has reached its utmost height—when it generally overflows the bank or wall—I add about four or five quarts more of warm water, in which from a quarter to half a pound of salt has been dissolved.

Q. Are you very particular as to the quantity of water you add?

A. No, Ma'am; some flour requires so much more water than another, that no precise rule can be given as to the quantity of water that may be necessary for any given weight of flour. For instance, American flour takes nearly twice as much water as English.

Q. Well, having added the requisite quantity of warm water, what do you do next?

A. I thoroughly knead the dough—it must be stiffer than that which is generally used for pies—taking care that no unwetted lumps of flour remain.

Q. When you have finished the kneading, what then?

A. I leave the dough in the trough, cover it with a cloth, and let it ferment and rise.

Q. When do you heat your oven ?

A. As soon as I have left the dough to ferment ; and by the time that the oven is hot the bread will be ready for baking.

Q. By what means do you ascertain when the oven has acquired the proper degree of heat ? I ask this, because, if the oven be too hot, or *rash*, as the bakers term it, the outside of the loaves will be scorched, while the middle remains unbaked ; and, on the other hand, if the oven be not sufficiently hot, the bread will prove heavy, unpalatable, and indigestible.

A. To try the heat, it is usual to throw a small quantity of flour on the floor of the oven : if the flour turn black in a short time, without taking fire, the degree of heat is considered proper.

Q. Of what size do you make your loaves ?

A. Unless required to be larger or smaller, I make them of the weight of four or five pounds each, getting nine or ten loaves from half a bushel of flour.

Q. Do you bake them on the floor of the oven, or in tins ?

A. By having more room to spread, they are thought to be lighter, and better for general household use, when baked on the floor of the oven. The finer sort of bread, or bread for company, makes a prettier appearance when baked in tins or moulds.

Q. Supposing the oven to be sufficiently heated, and your bread ready ?

A. I remove the ashes—sweep the oven out very clean—set the bread in—and close the oven door as quickly as possible ; and the door must not be opened till the bread is done.

Q. How long will the baking take ?

A. Two hours and a half.

CHEAPER BREAD.

A somewhat cheaper bread (whether brown or white,) than that above described—cheaper, yet lighter, and perfectly wholesome—may be made by an admixture of boiled potatoes with the meal or flour. To half a bushel of meal or flour may be added four pounds of potatoes, or a larger proportion if approved. The potatoes, when boiled and skinned, must be crushed and rolled, or kneaded with a large spoon till perfectly fine, and then mixed and thoroughly incorporated with an equal weight of the meal or flour. This mixture must then be added to the mass, and the whole must be well kneaded together, and left to ferment as already directed.

UNFERMENTED BREAD.

It is contended by some medical men and others, that, in the making of bread, the only object gained by fermentation is the generation of the carbonic acid which is required to raise the dough. To effect this, a given quantity of yeast is mixed with a given quantity of flour. But it has been found, say the patrons of unfermented bread, that the same purpose may be answered by mixing a certain proportion of the carbonate of soda with the meal or flour, and a corresponding proportion of muriatic acid or spirit of salt; and, moreover, that the bread so produced is excellent and nutritious, and more economical than that which is made by fermentation.

We have repeatedly partaken, in different families, of unfermented bread; but we feel bound to say, we have never yet met with any that we found equal, in lightness, sweetness, or apparent digestibility or wholesomeness, to well-made fermented bread.

However, to satisfy the curious, and such as may like to try the experiment, we transcribe the two following recipes from a publication entitled *Instructions for making Unfermented Bread*—

To make White Bread.

Take of flour, dressed or household, 3lbs. avoirdupois.

Bi-Carbonate of Soda, in powder, 9 drachms, apothecaries' weight.

Hydro-Chloric (muriatic) acid, specific gravity 1.16, 11½ fluid drachms.

Water, about 25 fluid ounces.

To make Brown Bread.

Take of Wheat meal, 3lbs. avoirdupois.

Bi-Carbonate of Soda, in powder, 10 drachms, apothecaries' weight.

Hydro-Chloric (muriatic) acid, specific gravity 1.16, 12½ fluid drachms.

Water, about 25 fluid ounces.

First, mix the soda and the flour as thoroughly as possible. This is best done by shaking the soda from a small sieve over the flour with one hand, while the flour is stirred with the other, and then passing the mixture once or twice through the sieve. Next, pour the acid into the water, and diffuse it perfectly, by stirring them well together with a rod of glass or wood. Then, mix intimately the flour and the water so prepared, as speedily as possible, using a wooden spoon or spatula for the purpose. The dough thus formed will make two loaves somewhat larger than half-quarters. They should be put into a quick oven without loss of time.

Muriatic acid, it may be remarked, is the *spirit of salt* of commerce. Combined with soda, which is

the basis of common salt, and thus mixed in bread, it is perfectly wholesome.

ROLLS.

Q. As we have visitors, I wish to have some *Rolls* for breakfast to-morrow : do you know how to make them ?

A. Yes, Ma'am.

Q. How do you proceed ?

A. I first take an ounce of butter, and warm it in half a pint of milk. With this I thoroughly mix a table spoonful of good fresh yeast, and a little salt. Then I put two pounds of flour into a pan, mix with it the milk and yeast, and set it near the fire for an hour to rise. Next, I knead the mass well, and make it into rolls.

Q. How many rolls do you make from your two pounds of flour ?

A. From six to twelve, according to the size required.

Q. How do you bake them ?

A. In a quick oven, Ma'am, for about twenty or five and twenty minutes.

MUFFINS.

Q. Can you make *Muffins* ?

A. Yes, Ma'am.

Q. How must they be baked ?

A. Muffin and crumpet makers, by trade, have a little place built, as though it were for a copper : on the top, they place a smooth cast iron plate ; and, beneath, they have a fire, as in the furnace of a copper. But the baking may be managed very well by placing the iron plate over a brazier or chafing-dish, at a suitable distance above a fire of moderate heat.

Q. Well, what is the preparation ?

A. I first mix two pounds of flour with two eggs, two ounces of butter melted in a pint of milk, and four or five table spoonfuls of good fresh mild ale or table-beer yeast.

Q. Why do you prefer such yeast ?

A. Table-beer yeast is preferred for such purposes, Ma'am, because, from the greater quantity of hops used in strong beer, its yeast is generally too bitter.

Q. Well ?

A. Having kneaded the flour, eggs, butter, milk, and yeast well together, I lay a flannel over the dough, and leave it three or four hours to rise.

Q. What next ?

A. Then I roll the dough up with my hands—pull it into pieces of about the size of a large walnut—roll the pieces into balls—and place them separately on a board. In a short time, they will of themselves spread out and flatten into the right form for muffins.

Q. And then ?

A. Then I lay them on the heated plate ; and, when the bottom begins to change colour, I turn them. The baking takes only a short time.

CRUMPETS.

Crumpets are made of a thin batter of flour, milk, and water, and a small quantity of yeast. From a small ladle, holding a sufficient quantity for one crumpet, the batter is poured on the heated iron plate, as though it were for a pancake, into a frying pan. The crumpets are very soon sufficiently done on one side, and must then be carefully turned.

YORKSHIRE TEA CAKES.

Q. How do you make *Yorkshire Cakes* ?

A. I mix two pounds of flour with a quarter of a

pound of butter melted in a pint of milk, two eggs well beaten up, and three table spoonfuls of good fresh yeast. Having left the mixture to rise, I next knead it, and make it into cakes of four or five inches in diameter. These cakes I place upon tins, and let them stand awhile, that they may rise. When they have risen sufficiently, I put them, remaining in the tins, into a slow oven.

Q. Would not the cakes be lighter if made without butter?

A. Yes, Ma'am; but most prefer them made with butter, as they eat shorter.

Q. How do you send them to table?

A. They should be buttered hot, as soon as they are out of the oven; or, if left till cold, they should be cut in two, toasted brown, and buttered.

BUNS.

Q. What is your way of making *Buns*?

A. For plain buns, I take a pound of flour, two ounces of butter, two ounces of good soft sugar, a little grated nutmeg and ginger, and any other spice in powder that may be preferred, and mix the whole thoroughly together.

Q. What next?

A. With three or four table spoonfuls of good fresh yeast, I mix one of cream; add this to the former prepared ingredients, and, with as much milk as may be requisite, convert the whole into a light paste or dough.

Q. And then?

A. I cover it with a flannel, place it near the fire till it is in a state of fermentation, then divide it into buns of the required size, and bake them, on tins, in a quick oven.

Q. Suppose I wish to have seeds or currants in the buns?

A. For seed buns, an ounce or more of carraway seeds may be mixed with the other ingredients I have mentioned; and, for currant buns, from a quarter to half a pound of currants may be used for the same quantity.

Q. How should the buns be made if required to be of a richer quality?

A. Simply, by increasing the quantities of *all* the ingredients, *excepting* the flour, and by adding candied lemon peel, orange peel, or citron peel, minced, and any powdered spice that may be preferred.

Q. Anything further?

A. If the buns be required very rich and fine, it will be desirable to mix the yeast with the milk, sugar, and flour, first, and then set them to ferment; after which, add the other ingredients.

Q. And *Cross Buns*?

A. Cross buns may be made in the same manner as plain buns; excepting that allspice is generally used in their composition instead of nutmeg, ginger, &c. The form of the Cross may be impressed by a tin or wooden mould made for the purpose.

YEAST.

As there is sometimes a difficulty, especially in the country, in obtaining yeast, here are two recipes which may be promptly made available:—

1. Boil a pound of flour, a quarter of a pound of brown sugar, and a little salt, in two gallons of water, for an hour. When milk-warm, bottle it and cork it close. It will be fit for use in four and twenty hours. A pint of this yeast is sufficient for eighteen pounds of bread.

2. On a tea cupful of split or bruised peas, pour a pint of boiling water, and place the whole in a vessel on the hearth, or in any other warm place, for

four and twenty hours. At the end of that time, it will be in a state of fermentation, with a froth on its top, and will answer the purpose of good yeast.

BREWING.

INTRODUCTORY OBSERVATIONS.

To cottagers, labourers, mechanics, indeed to all private families, small or large, it is of more importance that they should brew their own beer than that they should bake their own bread. A vast saving of expense is effected thereby; and, what is of far greater consequence, a pure, wholesome, and invigorating beverage is obtained, in lieu of the adulterated, stupifying, half-poisonous trash that is retailed from public houses and beer-shops. It is notorious that adulteration constitutes a main source of the profits of the retailers: the public never receive their ale or beer from the publican in the state in which it reached him from the brewery; and even the public brewers are known to make use of drugs which have nothing to do with the concoction of genuine malt liquor.

Nor ought the idea of labour, or of a little expense in the first instance, to deter private families from brewing; for, as is clearly shown in the following brief statement, which embraces the whole art and mystery of the process, even the poorest of the poor may accomplish the object at a cost so moderate as to be hardly worth taking into account.

Thus:—Put into a large tea-pot a handful of malt: fill up the pot with hot water, but not quite boiling. Let the malt infuse for a short time; then draw the

water off—pour on more hot water—again draw off the water—and so continue to repeat the operation, precisely as though you were making tea, till you have extracted the whole strength of the malt. Boil this malt tea with a few hops; then let it cool to about blood heat; add a little yeast to it to make it ferment, and you will have a quantity of ale or beer of whatever strength you may choose. From a peck of malt and a quarter of a pound of hops, you may obtain two gallons and a half of sound ale, better than any you can buy; and for this purpose all you require is a large tea kettle, a tea-pot, and two pans.

For a larger quantity it is necessary to have a mash tub and oar, a sieve and two coolers, a wicker hose, a spigot and faucet, and two nine-gallon casks. These will cost about forty shillings new; and, at brokers' shops, or sales, especially in the country, they are frequently to be had for much less. With such a set of utensils, four bushels of malt may be brewed; and allowing four pounds of hops, this quantity will yield nine gallons of strong ale, and nine gallons of excellent table beer.

However, preliminary to the actual process of brewing, there are several points for consideration.

1. *Water*.—As a general rule, it may be remembered that the water that will make good tea will make good beer. Perhaps the best is clear river water—the water from a running brook—or rain water, if it can be obtained in a state of purity. All stagnant water must be carefully avoided. It is an erroneous opinion, that as good an extract cannot be obtained from hard water as from soft. One of the largest London breweries is supplied entirely with hard water, from a well on the premises. With proper management, the worts from hard water will be of equal strength with those from soft; the fermentation of the one will be found nearly the same as that of the other; only that a few hours longer

should be allowed for the fermentation to worts brewed with hard water. The transparency of beer brewed from hard water is superior to that from soft ; and the beverage is equally as smooth and pleasant. During the months of July, August, and September, when river water has a tendency to acidity, from the decomposition of weeds, &c., hard water has decidedly the advantage.

2. *Malt*.—Malt should be chosen by its sweet smell, mellow taste, full round body, and thin skin. Whenever it is practicable, malt should be bought in an unground state, and be ground at home, as much deception is frequently practised in the sale of ground malt. Pale malt is chiefly used in private families, as it is considered to be stronger than brown malt. The brown, however, whether used by itself, or mixed with the pale, imparts a higher colour to the beer.

3. *Hops*.—New hops are always to be preferred : they should not be older than the preceding year's growth ; and they should be chosen by their bright colour, sweet smell, and clamminess when rubbed between the hands. The use of hops is two-fold : first, to assist in preserving the beer ; secondly, to give it a fine bitter flavour.

BREWING UTENSILS.

For the purpose of brewing six-and-thirty gallons of beer—that is, eighteen gallons of ale, and eighteen of table beer, from four bushels of malt—the requisite utensils may be enumerated as follows :—

1. *Copper*.—Allowing room for the malt and hops, and waste of boiling, this should contain from twenty to twenty-four gallons. If the proposed brewing be of a larger or a smaller quantity, the size of the copper may be proportioned accordingly.

2. *Mash Tub*.—The mash tub, large enough to contain the four bushels of malt, as well as the water,

and to allow of its being stirred, should hold not less than forty gallons. Or the mashing may be performed in a tub of half the size, by two operations. Either way, the tub should be rather broader at the top than at the bottom; and not quite so deep as it is wide across the bottom. Near the bottom, there must be a hole of two inches in diameter, by which to draw off the wort.

3. *Thermometer*.—Until within these few years, the usual method of obtaining a proper degree of heat for mashing was to mix a given quantity of cold with a given quantity of boiling water. For instance, in mild weather, rather more than one gallon of cold to twelve gallons of boiling water; if the air incline to cold, one gallon of cold to about fourteen gallons of boiling water; and if very cold, one gallon of cold to about sixteen gallons of boiling water. As a good *Brewing Thermometer*, however, may now be had new, for two shillings or half a crown, every person who brews, whether large or small quantities, ought, for the sake of accuracy, and consequently of economy, to use one of these instruments.

The mode of using the thermometer is extremely simple. Immediately that the water has been turned from the copper into the mash tub, immerse the instrument (suspended by a string passed through a hole at the top,) into the liquid for about a minute. Then raise the stem of the thermometer above the surface of the water, without drawing the bulb itself into the air, which would cool the mercury, and you will perceive the degree of heat indicated. If the temperature be too high, apply cold water in small quantities till you have reduced it to the proper heat—about 170 degrees, which is 42 degrees below that of boiling water. In some instances it may be proper to heighten or to lower the extracting heat; when new malt is brought into the mash tub, the water should be from four to six degrees colder; old or

slack malt, on the other hand, will require it to be as many degrees warmer. When hard water is used, it should be applied four degrees warmer than if soft.

4. *Under-back*.—This is a shallow vessel, made to pass under the mash tub, for the purpose of receiving the wort as it runs from the grains.

5. *Tun Tub*.—This tub, for putting the ale to work in, should hold about thirty gallons. For the small beer, the mash tub may be used for tuning.

6. *Coolers*.—As it is desirable that the wort should cool as quickly as possible, there should be three or four coolers, each of them about twelve inches in depth, and holding nine or ten gallons.

7. *Stirring-stick*.—A stirring-stick, of sufficient length to reach to the bottom of the mash tub, may be made from the handle of a house broom, but if rather thicker it will be better. For the purpose of separating the malt, which, if left to itself, is liable to adhere in masses, the stirring-stick should have, at its lower end, four or five small sticks passed through it, at distances of three or four inches, and in length about ten inches each. Using it in different directions, this will act like a double rake.

8. *Spigot*.—The basket-work spigot, formerly in use to prevent the grains from passing out from the mash tub, with the wort, has in most places been superseded by a grating.

9. *Strainer*.—Either a sieve or a wicker basket may be used for the purpose of separating the hops from the beer when boiled.

10. *Measuring Bowl*.—To serve as a measure, a substantial wooden bowl, holding exactly a gallon, and having a handle, will be found extremely useful.

11. *Funnel*.—Half of a small barrel, with a short pipe in the bottom, makes an excellent funnel for passing the beer into the barrels.

12. *Barrels*.—Of these there should be two sets;

the second of which should be filled when the first is tapped. By this means, sufficient age will be secured to the beer, and the family will not be subjected to inconvenience for want of a supply.

13. *Miscellaneous.*—In addition to the above, nothing is wanting but a pail or bucket or two, which must be at hand in every house; and a good piece of chain to assist in cleaning the barrels.

Respecting *the best season for brewing*, it may be remarked that whatever may be the sort of beer, that which is brewed in the winter, or from October to Christmas, will keep better than what is brewed at any other time. Hot weather should always be avoided.

In the brewhouse, or wherever the process of brewing may be carried on, the most scrupulous cleanliness with every thing must be practised. The washing of clothes must never, if avoidable, be suffered in it; nor must any of the brewing utensils ever be used for any other purpose, except that of wine-making.

As soon as the brewing is finished, all the utensils should in the first instance, be repeatedly rinsed with cold water; after which they should be scalded, scrubbed, rinsed, wiped, dried, and carefully put away.

The barrels, too, when empty, should be well cleaned with boiling water; and, if the bung-holes are sufficiently large, the inside should be scrubbed with a brush or small birch broom. If the bung-holes are not large enough for this, the chain already mentioned must be used, by placing it in the barrel, and moving it about in every direction.

If the barrels acquire a musty scent by standing empty, their heads must be taken out, and they must be scrubbed clean with a hard brush, sand, and fuller's-earth. Afterwards, put on the heads again, and scald the barrels well. Then, throw in pieces

of unslaked lime, and stop the bung-holes close. When the barrels have stood some time, rinse them well with cold water, and they will be fit for use.

Q. Have you ever brewed, or assisted in brewing?

A. Yes, Ma'am.

Q. What quantity of beer would you brew from two bushels of malt?

A. That would depend entirely upon the degree of strength that might be required. I could make from that quantity of malt nine gallons of strong ale, and nine of excellent table beer; or I could make eighteen gallons of ale of moderate strength, nine of table beer, and nine of small beer.

Q. What could you do with a single bushel of good malt?

A. I could make from that eighteen gallons of beer, about equal in strength to what is sold in the shops at four pence a quart.

Q. What water is best for brewing?

A. Good, soft, clear river water, or water from a running brook, is generally preferred.

Q. Would rain water do?

A. Yes, Ma'am, if it could be obtained in a state of purity; but in running from spouts, or from the roofs of houses, it is apt to contract a bad flavour, which always spoils the beer; and if allowed to remain stagnant, it is equally objectionable. All stagnant water must be avoided.

Q. Suppose there is none but hard water, from the pump or well, to be had?

A. Hard water is thought, by many, to be as good as soft; but it requires to be managed rather differently.

Q. In what does the difference consist?

A. Only in allowing the hard water to be rather

warmer than the soft, when poured upon the malt; and suffering the wort to remain a few hours longer in fermentation.

Q. How do you choose your malt?

A. By the sweetness of its taste and smell, the plumpness of its body, and the thinness of its skin.

Q. Which is preferable, the pale or the brown malt?

A. The pale malt is mostly used for ale, and in private families, because it is thought to be the stronger of the two; but the brown malt, which is generally used in brewing porter, gives a higher colour to the beer, whether it be used alone or mixed with pale malt.

Q. And how do you judge of hops?

A. New hops, which should always be chosen, are of a light but bright yellowish green colour; their smell is very sweet; and they feel sticky or clammy when rubbed between the hands.

Q. Do you know how to use the thermometer, for the purpose of ascertaining the proper heat of the water, before pouring on the malt?

A. Yes, Ma'am: when the water has been turned from the copper into the mash tub, I dip the thermometer in for about a minute, and then raise it sufficiently high to see the figures on the scale to which the quicksilver in the tube rises.

Q. What is the proper number of degrees to be indicated?

A. 170 degrees.

Q. Suppose you have not a thermometer, how will you be able to judge of the requisite degree of heat for the water?

A. The best plan then is, to mix a certain quantity of cold water with a certain quantity of boiling water. For instance, if the weather be mild, in the proportion of one gallon of cold water to twelve gallons of boiling water; if the weather be rather cold,

one gallon to fourteen gallons; and, if very cold, one gallon of cold water to sixteen gallons of water in a boiling state. Nothing, however, can be safely depended on but the thermometer.

Q. At what temperature should the wort be, when set to work?

A. When it is lukewarm, or seventy degrees by the thermometer.

Q. What is the best season for brewing?

A. The best season of all is just before Christmas; next to that, any time between October and Christmas, or between Christmas and Lady-day. Beer brewed in hot weather is very likely to spoil.

TO BREW FORTY-FIVE GALLONS OF BEER,
OF THREE SORTS.

Q. As I am desirous of having wholesome but not very strong beer, here are two bushels of malt, and a pound and a half of hops, from which I wish to have eighteen gallons of ale, eighteen gallons of table beer, and nine gallons of small beer: can you undertake this, with proper help from the lads?

A. Yes, Ma'am.

Q. How much does your copper hold?

A. About four-and-twenty gallons.

Q. What do you do first?

A. I fill the copper, light the fire, and make the water boil.

Q. How much water will two bushels of malt absorb?

A. About ten gallons.

Q. While the water is boiling what do you do?

A. I prepare the mash tub by putting in the basket spigot or grating which is to prevent the grains from passing out with the wort into the coolers.

Q. What next?

A. When the water boils, I turn out a sufficient

quantity of it into the mash tub ; and then, when it has cooled down to the proper temperature—170 degrees by the thermometer—I put in the malt, thoroughly wetting it, and stirring and separating it with the stirring stick.

Q. What is this part of the business called ?

A. This is the mashing.

Q. How long should the malt be allowed to remain in this state ?

A. About a quarter of an hour.

Q. What do you do in that time ?

A. I fill up the copper, and make the water boil.

Q. What then ?

A. At the expiration of the quarter of an hour, I add to the mash eighteen or twenty gallons of boiling water, (the malt, or grains, having absorbed about ten gallons,) for the purpose of making the eighteen gallons of ale, as proposed.

Q. And then ?

A. Then I use the stirring stick again, stir the malt well, and cover the mash tub with sacks, or some other suitable material.

Q. How long do you let it remain in that state ?

A. About two hours.

Q. Then, what do you do ?

A. I draw off the wort into the underback.

Q. How do you proceed next ?

A. As the underback will not hold all the ale wort, I lade it out of that, with the bowl, into the tun tub, where it must remain until the copper is empty.

Q. Well, having emptied your copper, what do you do ?

A. I put the wort into the copper, and with it the hops ; rubbing them well, and thoroughly separating them as I do so.

Q. And then ?

A. I make a good fire, and, keeping the lid off the copper, I boil the wort very briskly for about an hour.

Q. Having finished the boiling, what next ?

A. I extinguish the fire, and put the liquor or wort into the coolers.

Q. I wish to know how you manage that part of the process ?

A. First, I set the coolers in the most convenient place, either in or out of doors. Then I place two sticks across the first of the coolers—of which there should be three or four. To separate the hops from the wort, I take the strainer—which may be a sieve, or a small clothes basket, or a little wicker basket of any sort—and place it on the two sticks which I have laid across the first of the coolers. Then I pour the wort, hops and all, into the strainer, by which means the wort will be cleared. I repeat this operation with the other coolers, till, that it may cool equally, I have equally distributed the whole of the wort.

Q. What is the next step in your proceeding ?

A. A little before the wort has cooled down to the proper degree of heat—seventy, by the thermometer—for it will cool a little by the removal—I put it into the tun tub.

Q. And then ?

A. I put in with it about half a pint of good yeast ; or, if the weather be very cold, rather more ; and, if hot, rather less.

Q. But in what manner ?

A. I first place the yeast in a gallon bowl nearly filled with wort ; stir it well with a stick or spoon, for two or three minutes, so as thoroughly to incorporate the whole, and to cause an immediate fermentation ; and then pour the mixture into the tun tub, agitating the entire mass of the wort by briskly lading it up, and pouring it down again with the bowl, till a complete incorporation has been effected.

Q. How long will it be before the fermentation of the beer commences ?

A. Probably, in about six or eight hours, a frothy

head will rise upon the wort ; and the fermentation may be completed in four-and-twenty hours, or it may be double, or even triple that time, according to the state of the weather and other circumstances.

Q. What do you do when you have got your wort into a proper state of fermentation ?

A. I cover it, by laying a sack or two over the tun tub.

Q. Is it desirable that it should stand in a hot or in a cold place ?

A. In summer, it should stand in a cool place ; in winter, a warm one is preferable.

Q. When should the first froth or yeast be removed from the wort ?

A. In about four-and-twenty hours from the putting in of the yeast ; again at the end of the next twelve hours ; and the operation should be thus repeated till little or no more yeast is sent up, and the head, in consequence begins to sink.

Q. When do you put the beer, when thus fermented, into the barrels ?

A. When it is quite cold, always drawing it off as fine as possible, to prevent any sediment from passing into the barrels.

Q. How do you put the beer into the barrels ?

A. By means of a funnel, which may be made of a small half cask of any sort, with a short wooden or leathern pipe fixed in the bottom.

Q. As some waste will occur from the beer working over at the bung-hole, after it has been barrelled, what do you do ?

A. I fill the barrels up with a little good beer which should be preserved from the last brewing for the purpose.

Q. When the working has completely ceased, and the barrels have been quite filled up, what is necessary to be done ?

A. I place the bung in very securely, having first

covered it with a piece of coarse brown linen cloth, or canvas.

Q. How do you fine your beer, should it require fining?

A. I think the simplest and best way is to boil a pint of wheat in two quarts of water, and squeeze out the liquid through a fine linen cloth. A pint of this will be sufficient for an eighteen gallon cask of ale. When quite cold, it should be poured into the cask, and the beer be well stirred with a stick. It will not only fine but preserve the beer.

Q. Now let us return to the *Table Beer* and the *Small Beer*: how do you proceed?

A. The copper having been emptied by pouring off the wort, it must be refilled, and the water made to boil for the second, or table-beer mash of eighteen gallons. When it boils up briskly, I throw into it from three to four quarts of cold water, which will bring it to about the proper heat for pouring on to the grains in the mash tub.

Q. And having poured the water on to the grains, what then?

A. I thoroughly stir up the grains, closely cover the mash tub, leave it to stand for an hour, and then draw off the liquor, first into the underback, and then into the tun tub.

Q. What is your next step?

A. I return the wort from the tun tub into the copper with a sufficient quantity of boiling water to make up fully the eighteen gallons. With this table beer wort I reboil the hops that have been used for the first wort, adding from four to six ounces of fresh hops, and let the beer boil briskly for about an hour.

Q. What do you do then?

A. While the beer is boiling, I remove the grains from the mash tub, and replace the basket spigot or grating; after which I proceed in all respects as with

the first wort, allowing it to cool, returning it into the tun tub, adding about a pint and a half of good yeast to make it work.

Q. And the third mashing for the nine gallons of small beer?

A. The heat of the water for the third mashing requires less attention than for the first and second mashings; as there cannot now be much danger of injuring the malt, the rich saccharine properties of which must have been nearly all extracted.

Q. But you boil the beer of course?

A. Yes, Ma'am; and it will be greatly improved, in both flavour and keeping, by the addition of three or four ounces of fresh hops.

Q. And you proceed as before with the cooling, working, and barrelling?

A. Yes, Ma'am.

Q. Suppose I wished to have any given quantity of beer brewed, strong or small, from a given quantity of malt, and all of one sort; how would you manage?

A. The principal difference in the process would be, that, for the purpose of extracting all the virtue of the malt, the mashing must be performed by two or three operations, according to the quantity of beer required, instead of by a single operation.

Q. What would be your mode of properly mixing the two or three different worts or mashings?

A. I must mix them together before I boil them with the hops; and I must make one, two, or three boilings, according to the size of the copper, and the quantity of beer to be produced.

Q. And in all the after stages you proceed as before?

A. Yes, Ma'am.

The process of domestic brewing as usually pursued in farm houses, and in private families, having been fully shown, it would be useless to describe the various sorts of malt liquor that are in occasional request in different parts of the country. A little experience will soon enable the mistress of an establishment, the young woman who may be entrusted with the brewing, or the cottager's wife, to judge of the proportions of malt, hops, and water that may be required, for beers of different degrees of strength, &c. It may be desirable, however, to give a few recipes for producing cheap beer, upon a small scale, and chiefly for cottage use.

CHEAP BEER.

According to information which Mr. Chadwick, one of the Poor Law Commissioners, received from a strong hearty labourer, from ten to twelve gallons of a beer, much approved by the peasantry, especially when engaged on piece-work, could be brewed from half a bushel of malt.

Seven gallons and a half of table beer, equal to ale that costs a shilling a gallon, may be made at an expense of 4s. 6d., as follows:—

	s.	d.
A peck of malt	1	10½
Half a pound of hops	1	0
3lbs. of treacle	1	1½
Half a pint of yeast	0	2
Coal	0	4
	<hr/>	
	4	6

It is recommended that, with seven gallons of water, all the malt and hops, with two pounds of the treacle, be put into the boiler together. Boil the whole two hours, stirring it frequently. Then re-

move it in a bucket to the cooler, and strain it through a hair sieve. Take the malt, hops, &c., to the boiler again, and, with four gallons of water, and the remaining pound of treacle, and have a second boiling for half an hour. Remove it to the cooler, as before, and strain it. When all the liquor has passed through the sieve, and the wort has become sufficiently cool, put into it half a pint of fresh yeast, and stir it well together. Cover the cooler with an old sack, or something of the sort, and in about four hours the wort will have a fine head on it. Let the beer remain six hours longer; and then, removing the head of yeast produced by fermentation, barrel it. Soon afterwards, it will begin to work through the head of the barrel, and, in six or eight hours more, the working will be finished, and you may place the bung slightly in the barrel.

The produce of this little cottage brewing will be (as already stated) seven and a half gallons of beer, worth 7s. 6d., and a quart of yeast, worth 8d.; or, a profit of 3s. 8d. on the original outlay of 4s. 6d.

Another cheap *Cottage Beer* may be brewed in the usual manner, from the following ingredients:

“Half a bushel of malt, 4lbs. of treacle, and three fourths of a pound of hops.” From these will be produced twenty-five gallons of beer. If the malt, hops, and treacle, are bought to advantage, the cost will be only 2d. a gallon, as the grains will be equal in value to the cost of the fuel. If the ingredients are bought at a common retail shop, the beer will probably cost 3d. a gallon.

TREACLE BEER.

The following is from an original MS. receipt, and the produce is excellent:—

“Two pounds and a half of the best treacle, three ounces of hops, and one gallon of bran, put into six

gallons of either hot or cold water, and boiled about twenty minutes. Strain the liquor through a coarse cloth, or sieve, into a tub, or pan; and, when tolerably warm, stir into it three table spoonfuls of yeast, and put it into a cask as soon as it begins to work. As it works, keep the cask filled up; and, when it has done working, close the cask, the same as for malt beer, and it will be fit to drink in about a week."

GINGER BEER.

Home-made Ginger Beer is another very refreshing summer beverage. Dissolve two pounds of loaf sugar in a gallon of water; add two ounces of coarsely bruised—not powdered—Jamaica ginger; and boil the mixture for half an hour. Skim it repeatedly as it boils; and, whilst hot, add an ounce of cream of tartar, or a quarter of an ounce of tartaric acid—or, what is better, and only a little dearer, of citric acid; six drops of essence of lemon, or one lemon sliced, and the white of an egg. When cool, add about a table spoonful of good fresh yeast, and set the preparation to work in a wooden vessel. In from twelve to sixteen hours, the fermentation will have subsided. Then strain the liquor through a flannel bag, and pour it into stone bottles; the corks of which must be tied or wired securely down, to prevent them from flying. In the course of a day, or two, according to the warmth of the weather, or temperature in which it is placed, the beer will be well up, and ripe for drinking. A cool place must be chosen for keeping it in.

SPRUCE BEER.

This is a cheaper summer drink than ginger beer, very pleasant, wholesome, and refreshing. It is easily made, as follows:—Pour eight gallons of cold

water into a barrel; boil another eight gallons of water, and pour that in also; then add twelve pounds of treacle, and about half a pound of the essence of spruce, to be had at the chemist's; and, on its getting a little cooler, stir in half a pint of good fresh ale yeast. Stir the whole well, or roll it about in the barrel, that the ingredients may be thoroughly incorporated. The barrel must be kept with the bung out for two or three days; after which the liquor may be immediately drawn off into quart stone bottles, and securely corked by tying or wiring down the corks, the same as for ginger beer. Thus managed, the beer will be ripe in a fortnight.

CYDER.

Every person living in the country, especially if in possession of an orchard, should brew that excellent old English beverage, cyder. Apples of all sorts may be mixed together for this purpose; but the better the apples are, the stronger and finer will be the cyder; and care must be taken not to mix summer and winter fruit together. When the apples are so ripe that they may be shaken from the trees with tolerable ease, collect such a quantity as may be required: bruise them, or grind them very small in a cyder mill, and, when reduced to a mash, put them into a hair bag, and press out the juice by degrees. Next put the liquor, strained through a fine hair sieve, into a cask "well matched"—that is, thoroughly sweetened, by burning a brimstone match inside. Then mash the pulp with a little warm water; and add a fourth part, when pressed out, to the cyder.

To make the liquor work freely, beat a little honey, the whites of three eggs, and a little flour together. Put the mixture into a piece of fine rag, and let it hang down by a string to the middle of the cyder cask. Then put in a pint of fresh ale yeast, pretty

warm, and let it clear itself for four or five days ; at the expiration of which time draw it off from the lees into smaller casks or bottles, as may be preferred. If you bottle it, be careful to leave the liquor an inch short of the cork, lest the bottles should burst by the fermentation. Should there be any such danger, you may perceive it by the hissing of the air through the bottles ; in which case it will be necessary to open them, to let the fermenting air escape.

For general and immediate consumption, instead of small beer, a weak cyder may be made, by pouring warm water over the remaining pulp, straining it, and then setting it to work with some fresh yeast.

SODAIC WATER.

A far finer effervescent Sodaic Water than that which is usually sold as soda water in bottles, may be prepared as follows. For general purposes, as a cheap, cooling, and refreshing summer drink, and also as a febrifuge, or tonic, for invalids, in the sick chamber, it is invaluable.

Make up a dozen papers, or any number desired, of carbonate of soda, each paper to contain forty-five grains ; and an equal number of papers of tartaric acid, each paper to contain thirty grains ; or if the citric be preferred to the tartaric acid, rather a smaller quantity. The papers to be kept separate. To prepare the draught, put the forty-five grains of soda in one half pint glass, and the thirty grains of acid into another. Pour a quarter of a pint of water upon each ; stir it with a tea spoon till the powder is dissolved ; then pour the contents of one glass into those of the other, and you have a fine effervescent draught most grateful to the stomach. By pouring the acid, as the heavier body, into the alkali, the greater effervescence is produced.

If the coldness of the weather, or the state of the

stomach or bowels require it, a small quantity of brandy, or white wine, or a few drops of the essence of ginger, &c., may be mixed with one of the solutions before the two are blended.

If requisite, the water may be taken in a tepid or warm state.

As a tonic, medical men recommend the alkaline liquor to be taken first, by itself, and the acid mixture instantaneously afterwards; by which means a powerful and salutary effervescence is produced in the stomach.

DOMESTIC WINE-MAKING.

GENERAL REMARKS.

THE dearness of foreign wine places it beyond the reach of thousands of respectable families in both town and country; besides which, the cupidity of wine merchants, sanctioned by the ignorance of consumers, is the means of circulating a vast quantity of deleterious fluid, not only amongst the middling but even the higher classes of our population. On the other hand, *genuine* "HOME-MADE" wine is, under *any* circumstances, cheaper, with the super-added advantage of being infinitely less unwholesome than the general run of what is sold under the denominations of port, sherry, &c. Medicinally considered, some of the English wines are, in many cases, more beneficial to the human system than those of foreign growth. Frequently, too, at the dessert, ladies and children—and sometimes gentlemen, without reference to cost—prefer a glass or two of genuine English wine to the questionable produce of distant climes.

It is therefore an object of no slight importance to promote the *home* manufacture.

In the country especially, most of our cottagers and labourers, if their wives happen to understand the principles of wine-making, may occasionally indulge in a glass of the delicious beverage, either to soothe the bed of sickness or to heighten the enjoyment of the social hour, at a comparatively insignificant cost. With the addition of a few pounds of coarse sugar, now exceedingly cheap, the produce of an apple or pear tree—of a vine—an elderberry tree—a few gooseberry or currant bushes—or even a few pecks of cowslips gathered in the fields—wonders may be wrought. It is more advantageous to employ surplus fruit in wine-making than to send it to the market.

English wine, no less than that of foreign manufacture, will, if properly made, keep for a number of years, and be all the better for an advance of age.

Nor is the difficulty or labour by any means so great as that of brewing.

Independently of particularities, to be noticed in due course, some general points require attention in wine-making.

The casks and other vessels employed, must be kept perfectly clean and dry—be fumigated with a match—and be rinsed with brandy or some other spirit.

Be careful not to let the wine stand too long before it is cold, and that the yeast be put on it in time; otherwise, it will be liable to fret, and be very difficult to fine.

The wine must not be allowed to work too long in the cask, as that would take off the flavour of the fruit.

The bottling or racking off of wines must, if possible, be performed in cold weather, as a warm atmosphere is injurious.

GRAPE WINE.

Q. Have you ever assisted in *Wine making* ?

A. Yes, Ma'am.

Q. I wish for some *Grape Wine* : what is the best sort of grapes for the purpose ?

A. The sweet-water ; they ripen better, and have more juice than any other sort.

Q. When do you gather them ?

A. When they are quite ripe.

Q. Having gathered them, what is the process ?

A. I carefully pick them from the stalks ; and then I bruise them, but without breaking the stones, lest an unpleasant flavour should be given to the wine.

Q. What next ?

A. I put the bruised mass into a coarse cloth, and, either by wringing it, or putting it into a press, thoroughly squeeze out the juice.

Q. What do you do with the juice ?

A. Into every gallon I put two pounds of sugar (loaf sugar is preferable) or more, if that should not make it sufficiently sweet, and set it in a place where the temperature is about sixty degrees by the thermometer.

Q. When will the fermentation commence ?

A. In about a day or two ; and then the liquor must be put into a cask. Should not the fermentation have proceeded favourably, a small portion of yeast must be used, so that the liquor may work before it is put into the cask. The cask must be kept filled up.

Q. What do you do next ?

A. When the liquor has been a sufficient length of time in the cask for the fermentation to have nearly, if not quite subsided, I clear the bung-hole, fill up the cask with some reserved juice, and drive the bung in close ; leaving the vent-peg out for a few days, the same as though it were a cask of ale.

Q. Is that all that is necessary to be done, as regards the vent-peg?

A. I put it in slightly at first, and loosen it occasionally, to allow the escape of the air produced by fermentation.

Q. How do you ascertain when the fermentation has entirely ceased?

A. By there being no longer any hissing noise at the bung-hole, or that of the vent-peg.

Q. What then?

A. I drive the peg in tightly, and the wine may be left quiet during the winter.

Q. When do you bottle it?

A. Supposing the fermentation to have been perfect, I may bottle it in December: or at least while the weather remains cool.

GOOSEBERRY WINE.

Q. How do you make *Gooseberry Wine*?

A. Much in the same manner that I make Grape Wine, Ma'am. I gather the gooseberries in dry weather, when they are about half or wholly ripe. I pick a peck of them, or any desired quantity, into a tub. Then I take a coarse cloth—a horse-hair cloth is the best—and press out the juice thoroughly without breaking the seeds.

Q. What quantity of sugar do you put to a gallon of the juice?

A. About three pounds, finely powdered. I then stir the whole well together till the sugar is thoroughly dissolved, and pour it into a cask, entirely filling the cask. The fermentation will proceed much in the same manner as with grape wine.

Q. How long will it require to stand?

A. If the cask contain ten or twelve gallons, about a fortnight; if double that quantity, three weeks.

Q. What next?

A. Setting it in a cool place, I draw off the wine from the lees—throw the lees away—and then return the clear liquor into the cask.

Q. How long do you allow it to remain in the cask before you bottle it?

A. If a ten gallon cask, three months; if a twenty gallon cask, four.

ENGLISH CHAMPAGNE.

A wine, the general properties of which strongly resemble those of foreign Champagne, and far superior in quality to much that is sold under that denomination, may be made with little trouble from either unripe grapes or unripe gooseberries.

Q. How do you make what is called *English Champagne* from grapes or gooseberries?

A. I gather the fruit just before it begins to ripen, but not till it has attained its full growth; and, having gathered it, and freed it from the stalks, I separate the large from the small by means of a sieve, and throw away whatever may be unsound.

Q. What next?

A. I put forty pounds of the fruit into a clean tub or half cask which will hold fifteen or twenty gallons. In this tub I bruise the grapes or gooseberries, putting in only a small quantity at a time. Every grape or gooseberry must be made to burst; but the mass must not be crushed to a pulp, so as to bruise the seeds, or entirely to compress the skins.

Q. Well, the fruit having been thus bruised, what is your next proceeding?

A. I pour four gallons of water on it, and carefully stir and squeeze the whole with my hands till I have separated all the juice and pulp from the skins.

Q. And then?

A. After leaving it at rest from twelve to four and twenty hours, I strain it through a coarse bag (a

horse-hair bag is the best) using as much force as may be necessary to express the whole of the juice.

Q. What do you do with the husks, or what wine-makers call the *mare*, that will not pass through the bag?

A. I put about a gallon of water to it; and then, by farther pressure, obtain whatever juice or saccharine matter may have remained.

Q. What next?

A. I dissolve thirty pounds of loaf sugar in the juice, and, by the addition of water, make up the entire quantity to ten gallons and a half.

Q. What do you do with the liquor when it is in that state?

A. I put it into a tub or half cask—cover it with a coarse woollen cloth or blanket—lay a board over it—and set it in a place the temperature of which must not be much below 60 degrees by the thermometer.

Q. How long is it to remain there?

A. For four-and-twenty, six-and-thirty, or eight-and-forty hours, according as the symptoms of fermentation may appear.

Q. And then?

A. Fermentation having commenced, I put the *wort* or wine into a cask, and allow the fermentation to proceed. The remainder of the process is the same as that for making grape wine from ripe fruit.

Q. Does it not sometimes happen, that wine of this description becomes dry, or sweet and still, instead of being effervescent, as it should be, like sparkling champagne?

A. Yes, Ma'am.

Q. What is to be done in such cases?

A. Should the wine be found dry, its briskness cannot be restored. It may, however, be much improved by turning it into a sulphured cask, and keeping it three or four years.

Q. But, supposing it to be found sweet and still, instead of being effervescent, what is to be done ?

A. The wine must be re-made the following year, by mixing with it the juice of fresh fruit, in the proportion that may be found necessary.

Q. With the view of preserving or increasing the strength of wine, do you ever use brandy ?

A. No, Ma'am : the best English wine-makers say the practice is a very bad one ; as the brandy never fails, sooner or later, to effect a decomposition of the wine.

RAISIN WINE.

This is one of the most easily made, most wholesome, and most generally useful of English wines.

It is important that the raisins be of good quality—*Raisins of the Sun* are generally preferred—as the finer the raisins, the richer and higher will be the quality of the wine.

Q. What is your process for making *Raisin Wine* ?

A. Having obtained the requisite quantity of fine raisins, I chop them, to accelerate the extraction of the pulp, and then pour on them a quantity of water tolerably hot.

Q. What is the proportion of water to raisins ?

A. One gallon of water to seven pounds of raisins, but I do not pour on all the water at once.

Q. What next ?

A. I let the fruit and water stand twelve hours ; then I press out the pulp and juice, through a coarse bag, as in the case of making grape and other wines ; next, I pour upon the skins or *marc* one or two gallons more of hot water ; making the proportion of water, in the whole, a gallon to seven pounds of fruit.

Q. Do you keep the two liquors—the water poured on the fruit in the first instance, and that poured upon the skins in the second—separate ?

A. Yes, Ma'am. And at the end of the second twelve hours, I again press out the juice from the skins.

Q. What next?

A. Then I mix the two liquors, and add rather less than a pound of loaf sugar to each gallon.

Q. Suppose you wish to make the wine of a richer or stronger quality than usual?

A. Then, besides the sugar, I add half a pound of brown sugar-candy to each gallon.

Q. And then?

A. When the sugar, or sugar and sugar-candy are perfectly dissolved, fermentation will soon commence; and, when the fermentation is over, I rack the liquor into a clean cask, and leave it bunged up for three months. Then it must be again racked; a little isinglass may be added for the purpose of fining; and the whole must be returned to the cask, which, being kept full, must be closely bunged. At the expiration of twelve months, it will be in a state fit for bottling.

CURRANT WINE.

Q. How do you make *Currant Wine*?

A. I take four gallons of fine ripe currants, either red, white, or black, as may be preferred, gathered on a fine dry day. I strip them from the stalks, free them from all impurities, and put them into a large earthen jar with a cover to it. I then boil two gallons and a half of water with from five to six pounds of loaf sugar; carefully remove the scum; pour it in a boiling state upon the currants, and let it stand forty-eight hours.

Q. What next?

A. I strain the whole through a flannel bag into another vessel; return it thence into the jar; let it stand a fortnight to settle; and then bottle it off.

ORANGE WINE.

Q. What is your method of making *Orange Wine*?

A. I first put twelve pounds of loaf sugar, powdered, with the whites of eight or ten eggs well beaten, into six gallons of spring water; boil the mixture three quarters of an hour; and then pour it into a large stone jar, or clean tub, to cool.

Q. And then?

A. I pare and quarter twelve lemons, which, with two pounds of sugar, I place in a large tankard, or jar. Having left them thus all night, in the morning I put six table spoonfuls of fresh yeast into the lemon juice, and add the whole to the water I had boiled the day before.

Q. What more?

A. I next add the juice and rinds of fifty Seville oranges, but not the white or pithy part of the rinds.

Q. Anything further?

A. I set the whole to ferment for eight and forty hours; then strain it, add half a gallon of sherry, or Rhenish wine, and put it into a cask. When the fermentation has entirely ceased, I bung the cask close, and in six months the wine will be fit for bottling.

ELDERBERRY WINE.

Of all English Wines, this is probably the most wholesome, the least liable to turn acid on the stomach, and the most generally serviceable for family purposes, especially in the winter, when heated.

Q. How do you make *Elderberry Wine*?

A. For a nine gallon cask, I take six gallons of berries, picked from the stalks, and seven gallons of water. I boil the water and the berries together about

half an hour. I then work the whole well through a hair sieve, and to every gallon of the produce I add three pounds and a half of good moist sugar.

Q. What then?

A. After adding the sugar, I boil the liquor till it becomes clear, taking the scum off as it rises. I then remove it to a cool place, and when it is lukewarm I put it into the cask.

Q. How do you cause the requisite fermentation?

A. By putting a piece of toasted bread, dipped in thick yeast, into the cask.

Q. Suppose the fermentation should not take place so soon as it ought?

A. Should it not have commenced on the day after casking, I take a small quantity of wine out, make it boil, and then return it to the cask. This will most probably induce fermentation; but, should it not, I put in another piece of toasted bread, dipped in yeast, as before.

Q. How long should it remain?

A. About a week. When the fermentation is over, I fill up the cask with some of the reserved liquor, and bung it closely. By Christmas or before, it will be fit for bottling, or it may remain in the cask for use.

Q. Do you not put spice into your wine?

A. Some persons, desirous of giving it greater warmth, boil a quarter of a pound of allspice, two ounces of ginger, and a few cloves, with the berries and water; but many consider the pure flavour of the berry to be more fully preserved without the addition of spice.

SUPERIOR ELDERBERRY WINE.

Q. Can you make *Elderberry Wine* of a superior quality—a wine that will be stronger, that will keep

for many years, and that will be valuable as a table wine ?

A. Yes, Ma'am.

Q. What is your method of making it ?

A. I make it of elderberry juice without the addition of water.

Q. How so ?

A. I first take a quantity of ripe berries, and place them in a large pan or other suitable vessel. Then I drain off the water, bruise the berries thoroughly, and express the juice through a flannel bag.

Q. What then ?

A. To every quart of the juice I put a pound of loaf sugar powdered. When the sugar is thoroughly dissolved, I boil the mixture, from which I carefully remove the scum.

Q. What next ?

A. When the liquor is lukewarm, I put into it a piece of toasted bread, dipped in strong yeast, to produce the required fermentation. And in two or three days I put it into the cask and proceed as before. In about six or eight months, it may be bottled off ; and, when it has acquired age by keeping, it will be found superior, as a table wine, to much port.

COWSLIP WINE.

Q. I am told that *Cowslip Wine* possesses much medicinal virtue ; and that in all cases in which foreign wines may be administered to the sick with advantage, Cowslip Wine is equally beneficial : do you know how to make it ?

A. Yes, Ma'am. I take six gallons of water, boil it for an hour with twelve pounds of loaf sugar, set to cool, beat up with it six ounces of the syrup of citrons, and, before it is quite cold, I put in a piece of toasted bread dipped in strong yeast. I then let it ferment for two or three days.

Q. But you seem to have forgotten the cowslips?

A. No, Ma'am. While the liquor is fermenting, I put into it a peck of cowslip flowers, slightly bruised, with three lemons sliced, and a pint of white wine to every gallon.

Q. What more?

A. I let it stand three days longer; then put it into a good clean cask; and when it is fine, bottle it off.

Clary Wine, from the flowers of the Clary plant, may be made by the same process.

GINGER WINE.

Q. Do you know how to make *Ginger Wine*?

A. Yes, Ma'am. I boil four gallons of spring water with seven pounds of good moist sugar, for a quarter of an hour, skimming the liquor all the time. When the liquor is cold, I squeeze in the juice of two lemons. Then I boil the lemon peels, with two ounces of ginger, in three pints of water, for an hour.

Q. What next?

A. When the last-mentioned boiling is cold, I add it to the former, and then put the whole into a cask, with two spoonfuls of yeast, a quarter of an ounce of isinglass beaten thin, and two pounds of jar raisins. Afterwards I close the cask, let it stand six or eight weeks, and then bottle off the wine.

MEAD.

This rich beverage was in great repute amongst our ancestors the ancient Britons; and it is still equally so with many of the northern nations. Cottagers who keep bees—and all cottagers should keep these industrious and profitable little creatures—may prepare it at a very slight expense.

Q. How do you make *Mead*?

A. If I can obtain from a beehive the honeycomb from which the honey has just been drained, I can make it at comparatively little cost, and the honey thus made is better than any other.

Q. What is your mode of proceeding?

A. I take the comb, and pour on it a sufficient quantity of boiling water to cover it.

Q. What then?

A. When all the honey has been extracted, I remove the comb, and add as much more honey to the juice as may suffice to give it the necessary sweetness. I then boil it up altogether, carefully taking off the scum. Next I set it to cool, and then put in a piece of toasted bread dipped in yeast, to make it ferment, and proceed in the same manner as with Elderberry Wine.

Q. But, if you cannot obtain any honeycomb, what do you do?

A. I take any given quantity of water, and make it hot. Then, into every gallon of water, I put from three to five pounds of honey, according to the required strength of the mead, and boil it an hour and a half; during which I continue to skim it as long as any scum arises.

Q. What further?

A. To every ten gallons of liquor I put two ounces of hops, and two ounces of coriander seed, each sewed up in a separate bag; and I add the rinds of two or three lemons and oranges.

Q. Do you always employ those ingredients?

A. They are the most simple, Ma'am, but some persons prefer cinnamon, ginger, cloves, or other spices, to the hops and coriander seed.

Q. Well, what do you do next?

A. I set the liquor to cool, and to ferment, the same as in the case of elderberry wine; and cask and bung it also in the same manner.

Q. How long should it remain in the cask before bottling?

A. At least a twelvemonth, Ma'am.

FININGS FOR WINE.

Q. What do you do in the case of wine proving thick or turbid?

A. I dissolve an ounce of isinglass, and add to the solution the whites and shells of three fresh eggs. Then I take out a little of the wine, by means of the bung-hole; add it to the mixture of isinglass and eggs; and beat the whole up into a thick froth, with a whisk, in a wooden can or pail. Next, I stir up the wine in the cask with a staff, and then pour in the finings. Last of all, I bung the cask tight; bore a hole in the bung with a gimlet, to give it vent for three or four days, and afterwards drive in a vent-peg.

PICKLING, &c.

GENERAL OBSERVATIONS.

It is exceedingly desirable for a good servant, a cottager's wife, or the mistress of a family in middling or humble life, to know how to prepare a few simple pickles for general use. Neither the trouble nor the cost is great; but on certain points it is necessary to be very particular.

Pickles require to be kept in a *dry room*; and

every bottle or jar must be securely closed, to prevent the admission of air.

Stone Jars must be used for pickles, but not *glazed* jars; as vinegar and salt dissolve the lead which is employed in the glaze, and thus produce a deadly poison.

In the preparation of pickles, the use of *copper* and *brass* vessels must be avoided; because salts or acids corrode such substances, and produce verdigris, which is also a deadly poison. The only metallic vessels that can be employed with safety are those of *silver*, *zinc*, or *untinned iron*. When vinegar requires to be boiled, which is not often, for boiling deprives it of its strength, nothing is so desirable for the purpose as a strong *stone jar*.

In taking pickles out of a jar, use a *wooden spoon*: the hand or a fork would soon spoil them.

It is a good plan to have a *small* as well as a *large* jar for each sort of pickles, so that the large jars may not be frequently opened, which subjects the pickles to injury.

The vinegar most to be depended on is what is called *the best pickling vinegar*, to be bought at an oil-shop or Italian warehouse.

CHILI AND SHALOT (ESCHALOT) VINEGAR.

Q. Have you made yourself acquainted with the *General Observations on Pickling, &c.*?

A. Yes, Ma'am.

Q. Well, before we proceed to pickling, I wish to have some *Chili Vinegar*, which is an excellent condiment for fish and various other things, and some *Shalot Vinegar*, which is equally suitable for steaks, chops, and cold meat: do you know how to prepare them?

A. Yes, Ma'am. For *Chili Vinegar*, I put an ounce of chillies into a quart bottle, fill the bottle up with the best vinegar, cork it close, and in a month it will be fit for use.

Q. And how do you make Shalot Vinegar?

A. In the same manner as Chili Vinegar; only instead of chillies I put six or eight shalots into the bottle.

MUSHROOM KETCHUP.

Q. How do you make *Mushroom Ketchup*?

A. I take some large broad-flapped mushrooms, wipe them, and break them into an earthen pan. To every three handfuls of mushrooms, I throw in one handful of salt; stir the mass two or three times a day, till the salt is dissolved, and the mushrooms have become liquid; and then bruise such bits or lumps as may remain undissolved.

Q. What next?

A. Then I set the whole over, or by the side of, a gentle fire, till the full strength of the mushrooms is extracted; after which I strain the hot liquid through a fine hair sieve, and boil it gently with allspice, whole black pepper, ginger, horseradish, and an onion, or some shalots, and two or three laurel leaves. After simmering some time, and keeping it well skimmed, I strain it into bottles; and, when cold, close the bottles securely with cork and bladder.

Q. Very good, so far; but will the ketchup keep?

A. If again boiled at the end of three months, with fresh spice, and a stick of sliced horseradish, it will keep very well for at least a twelvemonth.

ECONOMICAL WALNUT KETCHUP.

Q. Can you make a cheap *Ketchup* of the hulls or outer skins of green walnuts?

A. Yes, Ma'am. I place any quantity of them in a deep earthen pan, with layers of bay salt between them, and let them stand a week, frequently crushing them during that period. Then I pour off the liquor, and simmer and skim it.

Q. What then?

A. To every two quarts of the liquor I add half an ounce of cloves, an ounce of whole black pepper, an ounce and a half of allspice, and the same quantity of whole ginger. These I boil slowly about half an hour; and, when cold, bottle, cork, and put away in a cold dry place.

CABBAGE.

Q. How do you pickle *Cabbage*?

A. I take a well-grown fresh red cabbage—not old, hard, or woody—cast away the outside leaves—thoroughly wash, clean, and wipe the remainder—cut it into shreds, and throw it into a pan of salt and water, in which it should remain two days. Or I lay the sliced cabbage in a deep dish, and sprinkle it with salt, which will answer the same purpose as throwing it into a pan of salt and water.

Q. What then?

A. I afterwards drain the cabbage on a cloth, and place it in layers in either stone or glass jars.

Q. But how do you prepare the pickle?

A. Having taken as much of the best pickling vinegar as will cover the cabbage, I boil part of it for a few minutes with some ginger, allspice, and a little mustard seed. This I let stand, closely covered, till it is quite cold. Then I mix it with the remainder

of the vinegar, and pour the whole over the cabbage in the jars.

Q. But suppose the cabbage is wanted for immediate use ?

A. Then, Ma'am, I must pour the pickle over it boiling hot.

Q. Should the cabbage be too pale, as the vinegar will sometimes take out its colour, what do you do ?

A. If any old pickle have been left, I mix it in an equal quantity with the strong fresh vinegar ; if not, I add a little bruised cochineal to the prepared pickle.

Q. May not *Cauliflowers* be pickled in the same manner as cabbage ?

A. Yes, Ma'am ; only that, instead of being sliced, cauliflowers must be picked into small pieces.

ONIONS.

Q. What is the best time of the year for pickling *Onions* ?

A. The month of September, Ma'am.

Q. How do you manage them ?

A. I take a quantity of small, round, white onions, as nearly of the same size as may be, soon after they have been collected from the garden, in a perfectly dry state. I take off their outer skins, and their tops and tails. Then I scald them in brine till they look clear. Next, I lay them in a cloth till they are dry and cold, and then I put them into glass or stone jars.

Q. How do you prepare the pickle ?

A. Having taken the requisite quantity of vinegar to cover the onions, I boil in it, for a short time, some salt, black pepper, horseradish, and allspice.

Q. What are the proportions you use of those ingredients ?

A. Half an ounce of each to a pint of vinegar. The pickle should be poured over the onions hot,

but not boiling. On the following day the jar should be closely corked, and covered with bladder.

FRENCH BEANS.

Q. What is your way of pickling *French Beans*?

A. I take them when quite young, and without strings.

Q. Do you cut the ends off?

A. No, Ma'am. I soak the beans in very strong salt and water till they become yellow; then I drain the liquor from them, and wipe them dry. Next I put them into a stone jar, by the fire, and pour the pickle over them boiling hot.

Q. How do you make the pickle?

A. I take the requisite quantity of vinegar, and boil with it, for a short time, some salt, sliced ginger, ten or twelve cloves, a little mace, allspice, whole black pepper, or any other spice that may be preferred. Having poured it over the beans in a boiling state, I close the jar so as to prevent the escape of the steam. At the expiration of every four-and-twenty hours, I reboil the pickle, and again pour it over the beans, always, as in the first instance, closely covering the jar to prevent the escape of the steam.

Q. And then?

A. In about four or five days, the beans will be quite green, and, when cold, they may be closely secured in the jar, and put away till wanted.

Q. Are there not some other things that may be pickled in the same manner?

A. Yes, Ma'am; *Scarlet Runners*, *Gherkins* or small cucumbers, the *Tomata* or love-apple, *Nasturtiums*, *Capsicums*, *Samphire*, *Radish Pods*, &c.

WALNUTS.

Q. How do you pickle *Walnuts*?

A. There are different ways of pickling them, Ma'am; but I have been assured that the best, though not the most expeditious way, and by which they will keep for years, and improve by time, is as follows.—I take care that they are sufficiently young to be easily pierced through with a pin. This is important; as, if the inner shells have begun to attain a hard or woody consistence, they are unfit for pickling, the shells never becoming tender.

Q. Well?

A. I take a quantity of walnuts, slightly scald them, and then rub off the first skin. Next, I wipe each walnut clean and dry, and pierce it through with a silver pin or needle. Then I place a layer of walnuts at the bottom of a stone jar, and sprinkle them with salt. I continue placing single layers of walnuts, each layer sprinkled with salt, till the jar is about half full. Next, I put in a good clove of garlic, stuck with cloves; after which I proceed as before, sprinkling the walnuts, layer after layer, with salt, till the jar is full. Then the pickle must be poured in cold, and the jar be carefully tied down and put away.

Q. But you have not said anything about the pickle?

A. I take a sufficient quantity of the best vinegar to cover the walnuts. Then, for every fifty walnuts, I take two ounces of whole black pepper, two ounces of white mustard seed, half an ounce each of ginger and allspice, or cloves, and a clove of garlic. These ingredients I bruise, and boil them for a minute or two in a little of the vinegar in a closely stopped vessel. This preparation—garlic, spices and all

—I add to the remainder of the vinegar, and when the whole is quite cold, I pour it over the walnuts, tie down the jar very closely, and set it in a dry place.

Q. In what time will the walnuts be fit for use?

A. They should remain untouched for a twelve-month at least.

PICALILLI, OR INDIAN PICKLE.

Q. What are the materials with which you make *Indian Pickle*?

A. I take cauliflowers picked into pieces, nasturtiums, French beans, radish pods, capsicums, celery, the heart of a white cabbage shred, small cucumbers, large cucumbers sliced, or anything else that may be preferred. Having washed them all clean, I put them into a pan with plenty of salt over them, and dry them separately in the sun, repeatedly turning them, till they are almost brown. This will require the attention of several days.

Q. What then?

A. The preparation of the pickle is another important point. For this it is usual to take salt, mustard seed, onions, shalots, horseradish, Cayenne pepper, ginger, garlic, currie powder, pale turmeric, or any other condiments that may be fancied.

Q. Well, how do you proceed next?

A. Over these ingredients I pour the requisite quantity of vinegar, and leave the whole in a warm place, for three or four days, to steep.

Q. And then?

A. I take the different articles prepared for pickling, place them in a large stone jar, and pour the pickle, prepared as I have described, over them; close the jar with a bung, cover with bladder and white leather, and put it away in a dry place.

Q. When will the Picalilli be ready for use?

A. Not in less than three months; and it will be better if kept untouched for a twelvemonth.

IMITATION MANGOES.

Q. How do you make *Imitation Mangoes*?

A. They may be made with either melons or the large green Turkey cucumbers.

Q. Well?

A. I peel the melons or cucumbers, cut them into halves, throw away the seeds, and lay the fruit in salt for a day. Then I wipe them dry, fill them with mustard seed, peeled shalots, garlic, small slips of horseradish, and mace: after which, I tie them round with new fine twine, put them into jars, and pour the pickle over them.

Q. What sort of pickle?

A. The best is that which is used for the *Indian Pickle*; but a more simple pickle may be prepared, in the usual way, with vinegar, salt, and spices. In either case, however, the pickle should be poured on boiling hot. When quite cold, the jars must be well corked, and tied down, with leather and a bladder over all.

BEET ROOT.

Q. How do you pickle *Beet Root*?

A. I first boil it in water till it is tender; then I cut it into slices, and boil it for a few minutes in a pickle made of vinegar, spices, &c.

Q. What are the ingredients you use in the pickle?

A. I take as much vinegar as may suffice to cover the beet root; adding sliced ginger, Cayenne pepper,

black pepper, horse-radish, an onion or two, and two or three bay-leaves.

Q. Anything farther ?

A. After boiling the beet root in it for a few minutes, I strain off the pickle ; and, when all is cold, I put the beet into jars, pour the pickle over it, and close the jars.

FINCHLEY
NATIONAL AND INDUSTRIAL SCHOOLS
OF THE
Church of the Holy Trinity,
MIDDLESEX.

Supported by Voluntary Contributions and Payments of the Children.

As advocates of a system of education which they regard as an essential improvement of the National System, the Committee of Management are anxious to state, concisely but completely, the principles and plan on which they propose to act in carrying out the objects of the supporters of the Holy Trinity National and Industrial Schools.

It is their opinion, (not hastily formed,) that these schools, founded on right principles and well conducted, may materially influence education in general, by stimulating other parishes to establish similar schools. They hope and believe, too, that as much interest in the success of this institution has been shown by the Privy Council, by the Bishop of the Diocese, the Earl of Mansfield, the Clergy and Magistrates of the neighbourhood, and other influential persons, aid may reasonably be expected,—not from the district only in which the schools are established, but from the friends of education throughout the country.

The primary object of National Schools is to train up the children of the poor in the nurture and admonition of the LORD; and as these are essentially National Schools, and in union with the National Society "for promoting the education of the poor in the principles of the Established Church throughout England and Wales," it would be a work of supererogation to dwell on the subject of religious culture. Yet the Committee desire emphatically to affirm, that their great endeavour will be to regulate the moral, intellectual, and industrial education, so as most effectively, by GOD'S blessing, to attain this great object of National Schools.

In advocating industrial in connexion with a national education, it may be necessary to premise that the ordinary elementary instruction given in National Schools will not be diminished; and that the Committee would fix no limit to the cultivation of those powers of mind which, as GOD'S good gifts, are to be used and improved by all men.

In engrafting the industrial on the national system of education, the Committee interpret broadly the admonition, "train up a child in the way he should go." They believe that as poor children have generally little or no home industrial instruction, it is their duty, so far as their power may extend, to have them trained and instructed, at school, in such manual crafts and occupations as are fitted to develop health and strength, and to impart habits of order, neatness, dexterity, punctuality, and industry; no less than in morality and religion. They believe that systematic instruction and training at an early age, in manual employments, will tend to make the scholars handy and useful—valuable as servants, mechanics, agricultural and general labourers, or farmers; and that, by thus endowing them with a knowledge of common things (the philosophy of every-day life), and thoroughly instructing and exercising them in such employments as in their several stations may fall to their lot in after-life, they will instil both the disposition and capability to perform their duties well.

In carrying out this plan of education, the Committee desire that in addition to the ordinary elementary instruction imparted in the National Schools, the boys shall be taught model-drawing, the elements of mechanics, the measurement of land, gardening and husbandry; and that especially they shall be instructed in the composition and qualities of soils and manures, the rotation of crops, the management of domestic animals, and the use of ordinary tools. And the girls shall receive elementary instruction in keeping accounts, cooking, cutting out and making clothes, knitting, washing, and getting up linen, making bread and baking, and in doing general household work. It is desired that all the out-door work shall be performed by the boys, and the in-door work by the girls.

It must, however, be obvious that it is not essentially necessary to the proposed system of education that all these branches of intellectual and manual occupation should be carried into effect; and that the Committee cannot, with uncertain pecuniary means, enter upon all of them at the commencement of their undertaking.

Land, contiguous to the school, is provided, on which each boy in the industrial class will be expected to cultivate, under the direction of the Master *for his own or his parents' use and profit*, a plot of ground. He will be required to keep an account of the expenses of his garden, and of the produce and its value; and also to assist in the cultivation of the land for the use and profit of the school establishment.

In addition to the usual school rooms, class rooms, and teachers' houses of a National School, the following offices,

with the requisite apparatus, fittings, and furniture, have been provided for training the girls in housewifery:—a wash-house—a drying room—a mangling and ironing room—a kitchen—a bakehouse—a storeroom.

In these offices the girls will be instructed and practised by the Schoolmistress in such frugal cookery as is essential to the welfare of the poor, in washing, ironing, and all household duties that are likely to be required in a female servant, or in an industrious wife and mother in a cottage.

On a certain day, weekly, each industrial girl will be allowed to bring some of her own and her family's wearing apparel to be washed. She will be provided gratuitously with soap and all other requisites, and will take home a bill showing the value of the washing done by her. The parents will thus see that she has not only been instructed in the business of a washerwoman and laundress, but has also had the gratuitous use of so much soap, coals, &c., and has realized so much money's worth by the washing of her clothing.

In addition to this, the girls will not only be taught to make and bake bread, and to cook with economy wholesome and palatable food, but on a certain day or days in the week, all of them, by way of encouragement, will be provided gratuitously with dinners at the school. And this will be so much saved, (i. e., gained,) by the Parents.

From what has been said, it must be evident that the proposed plan of education in these schools is fitted for the children of Farmers and Tradesmen, as well as for the children of the labouring class; and the Committee, having information on the subject, can assure parents of the middle class, and indeed of both classes, that the Industrial System will not in any degree retard, but, on the contrary, will not fail to promote the acquisition of the ordinary school learning. And it is desirable, for moral reasons, that the children of these classes should be educated together, in the National Schools. Such an union of the middle and labouring classes is recommended by the Committee of Council on Education, and has produced admirable results at King's Somborne, and at other places.

Every one who is practically conversant with the education of the poor, is aware that the parents can seldom be persuaded to keep their children at school after eleven or twelve years of age. It would be mockery to assert that the education can be complete at that age; yet it is with too much reason that a poor parent alleges, "I can't afford to keep the elder children at school: my girl, Sir, can mind the baby, and do many a little thing at home, while the boy can earn a shilling a week by running on errands, or 'keeping crows;' besides, what book-learning they get at school seems, no-how, to teach them

to work for their bread. I don't find that they get handy and clever for service; indeed the farmers say that an old school-boy is no use to a farmer, and the tradesmen's wives won't take an old school-girl into service on any terms."

To objections such as these most Clergymen have found it difficult to reply; and as it is certain that, under the existing condition of the labouring class, it would highly conduce to the spiritual as well as to the temporal welfare of poor children, were they to be kept under the influence of sound education at school, from the age of twelve, to the age of fourteen or fifteen years, the managers of these schools are anxious to present to the parents strong inducements to abstain from removing their children. And they hope and trust that the advantages now offered, of improved and more practical training and preparation for labour and service,—of the produce of the gardens—meals of the children,—of the washing of their clothes, &c., will be found sufficient to effect this desirable object.

It is hardly possible to overvalue the importance of preventing the early withdrawal of children from National Schools; for, as early childhood may be looked upon as the seed-time, so the period of from twelve to fourteen years, and a few years upwards, may be regarded as the time when both the good and evil passions have the most-rapid growth, and take their bent; and then it is that the skilful hand is most wanted to weed out the evil and strengthen the good principles of action.

We learn from our national statistics, that the period of life most fruitful in crime is that between fifteen and twenty years of age. It has been ascertained, that while the individuals of this age form only one tenth of our population, they perpetrate one-fourth of the crime by which our calendars are stained.

Surely this fact will suffice to arouse all men to the consideration of this dark spot in a Christian land; and whether, in the proposed system of education, the Committee may indulge a reasonable expectation of diminishing juvenile crime. This, by the addition of Industrial Education, they hope to effect. Under the common National system, the children, as it has been observed, are taken from school at eleven or twelve years of age, or younger, to assist their parents or earn a trifle by casual labour, with the greater part of their time left to evil communications, and to the spontaneous growth of evil habits. This terminates too often in the moral mockery of the prosecution and punishment of the tender child in courts of law and jails—in the confirmation of the criminal in sin—and in the cost of much money to the public. On the other hand, under the system of National and Industrial Education—so practical and comprehensive, combining the muscular action which

children love, with the learning which by itself soon wearies them—uniting an unswerving routine with a delightful variety—and having a power of creating and moulding character possessed by no other system—the children will be kept at school till twelve, fourteen, or fifteen years of age, free from the temptations inseparable from idleness, ignorance, and penury, with pecuniary advantage to their parents, and with comparatively small cost to the supporters of the school.

And, with the Divine blessing, may it not be expected that by this union of precept and practice—by training heart and hand in unison—the children will be prepared to act well their parts in after-life; that thus trained the boys will pass on to agricultural labour, or to handicrafts, with hands ready for any duty, and with minds stored with knowledge, which will aid them, not only in the great business of this life, but in preparing for that which is to come; and that thus trained, the girls may enter into domestic service, qualified for their duties, prepared to receive further instruction and ready to obey? They will thus be in possession of such habits and knowledge as will tend to make their cottage homes a scene of peace and prosperity, fitted for the nurture of immortal beings.

Donations and Annual Subscriptions in aid of the Industrial Schools will be thankfully received by the Rev. F. S. GREEN, and T. B. HERRING, Esq., Finchley. These are earnestly solicited, not only from those who are interested in the district in which they are established, but also from those Clergymen, Magistrates, and others, who can appreciate the importance of their institution, and the difficulty of sustaining it at the first establishment.

We have to record with much pleasure, that the industrial system has worked to the satisfaction of all concerned. The Boys' Gardens have been most productive, much beyond expectation; also, in the Girls' department, the Washing and Cooking have been most satisfactory. A table of cost and produce is annexed. *Editor.*

FINCHLEY INDUSTRIAL SCHOOLS.

1850.

Expenses attending the Industrial Training of 12 Girls and 20 Boys, for the Year 1850.

WASHINGTON.—12 Girls.

	<i>£.</i>	<i>s.</i>	<i>d.</i>
2 Tons of Coals, at 24/..	2	8	0
141 lbs. of Soap, at 48/..	3	0	0
Soda, Starch, &c.	0	15	0
Woman's Assistance ..	1	0	0
Cost of Materials for mending	0	6	0
	7	9	0

COOKING.—12 Girls & Mistresses.

250 lbs. of Meat, at 5d.	4	3	4
20 Stone of Flour, at 2/4	2	6	8
14 Tons of Coal, at 24/	1	16	0
Sugar, Tea, Coffee, Butter, Milk, Vegetables, &c.	5	14	0
	14	0	0

GARDENING.—20 Boys.

Rent	12	0	0
Less Grant from Privy Council	6	0	0
Seeds	2	10	0
Labour	5	0	0
Manure	4	0	0
Prizes for best Cultivated Gardens	1	0	0
	18	10	0
Less Sale of Crop from General Garden	7	0	0
	11	10	0
Total Expenses	£22	19	0

Estimated Value of the Product of Industrial Training of the 12 Girls & 20 Boys, for the year 1850.

WASHINGTON.—12 Girls.

	<i>£.</i>	<i>s.</i>	<i>d.</i>
Amount for Washing, and divided among the 12 Girls	12	6	0
Washing their own clothes at the usual price ...	5	19	10
Value of repairing their own clothes	2	0	0
	19	16	10

COOKING.—12 Girls & Mistresses.

611 Breakfasts, at 1½d. ...	3	16	4
611 Dinners, at 4d.	10	3	8
Value of the Cook's Labour	2	14	10
	15	14	10

GARDENING.—20 Boys.

Produce of Boy's own Gardens, 40 Poles cultivated by 20 Boys, given to their Parents as their earnings ...	17	17	0
Paid Boys for keeping in order the General Garden, Shrubbery, and Walks (over hours) ..	5	0	0
Prizes for the Best Cultivated Gardens, two at 2/1, and four at 2/6	1	0	0
	23	17	0
Total Receipts	£69	8	9

From the above Statement it will be seen that if the Sum of £12. 19s. is obtained in Subscriptions, the whole sum of £60. 8s. 8d. can be produced by this number of Children, thus more than making up to their Parents what they could have earned by leaving School much earlier, as is mostly the case; in addition to the regular National School education, the Children are enabled to earn an honest living, and at once to fulfil the duties of Gardeners, Cooks, Housemaids, &c. on their leaving School, &c. The above Statement being that of a School in the vicinity of London, it is useful to remark, that the expenses will be considerably reduced in a Country Parish, varying with the situation and value of the land; also, such articles as Coals, Meat, Butter, Milk, Vegetables, and Manure would cost much less in different parts, showing still greater advantages where this system is introduced in such Parishes. The produce of Gardening and Washing would be somewhat less, but the reaction in the moral sphere would be most important.