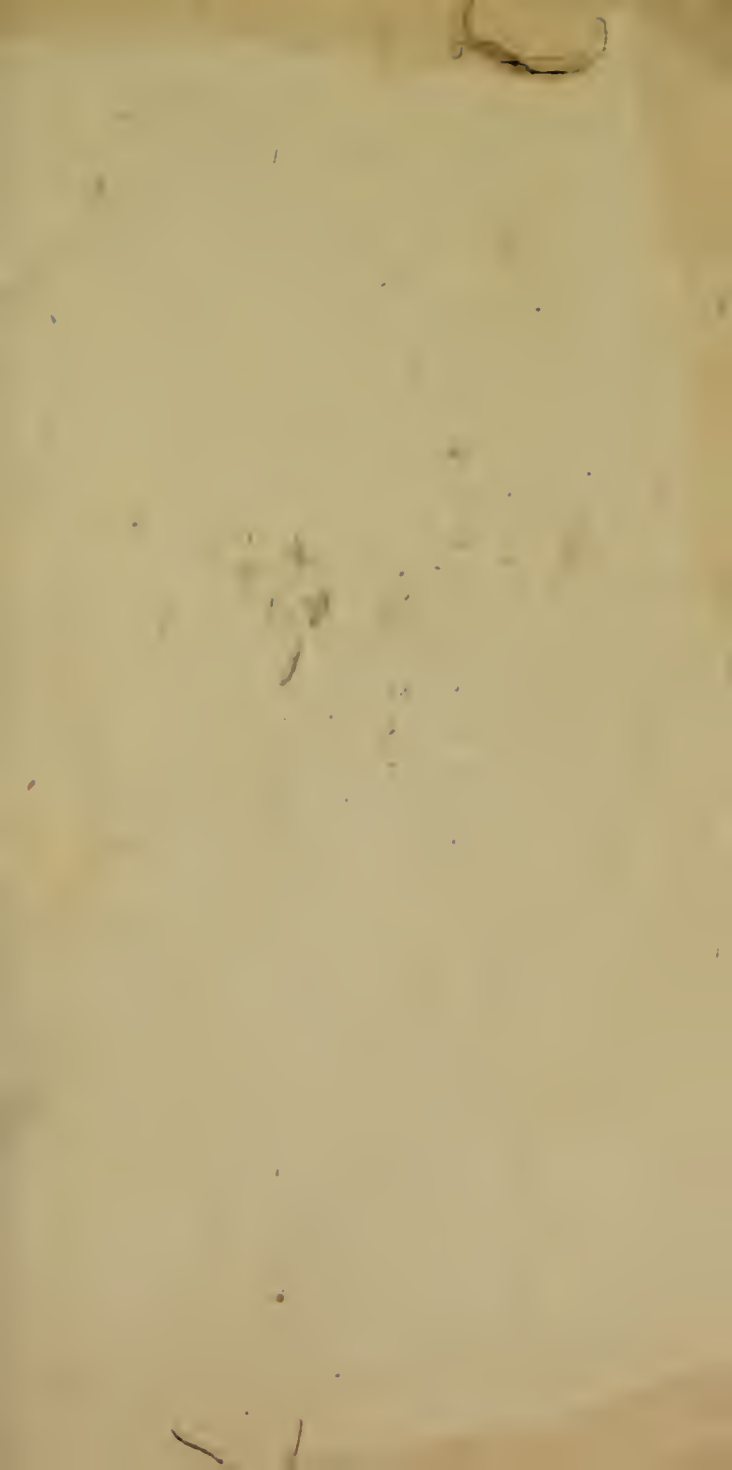


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THE
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THE
ART OF COOKERY
MADE
PLAIN AND EASY.

CHAP. I.

Of Roasting, Boiling, &c.

THAT professed cooks will find fault with touching upon a branch of cookery which they never thought worth their notice, is what I expect: however, this I know, it is the most necessary part
A of

of it; and few servants there are, that know how to roast and boil to perfection.

I do not pretend to teach professed cooks; but my design is to instruct the ignorant and unlearned, (which will likewise be of great use in all private families,) and in so plain and full a manner, that the most illiterate and ignorant person, who can but read, will know how to do every thing in cookery well.

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

If beef, be sure to paper the top, and baste it well all the time it is roasting, and throw a handful of salt on it. When you see the smoke draw to the fire, it is near enough; then take off the paper, baste it well; and drudge it with a little flour to make a fine froth. Never salt your roast meat before you lay it to the fire; for that draws out all the gravy. If you would keep it a few days before you dress it, dry it very well with a clean cloth, then flour it all over, and hang it where the air will come to it; but be sure always to mind that there is no damp place about it; if there is, you must dry it well with a cloth. Take up your meat and garnish your dish with nothing but horse raddish.

MUTTON and LAMB:

As to roasting of mutton; the loin the saddle of mutton; (which is the two loins,) and the chine, (which is the two necks,) must be done as the beef above.

but all other sorts of mutton and lamb must be roasted with a quick wleer fire, and without paper; baste it when you lay it down, and, just before you take it up, drudge it with a little flour; but be sure not to use too much; or that takes away all the fine taste of the meat. Some chuse to skin a loin of mutton, and roast it brown without paper: but that you may do just as you please; but be sure always to take the skin off a breast of mutton

V E A L.

As to veal, you must be careful to roast it of a fine brown; if a large joint, a very good fire; if a small joint, a pretty little brisk fire; if a fillet or loin, be sure to paper the fat, that you lose as little of that as possible. Lay it some distance from the fire till it is soaked, then lay it near the fire. When you lay it down, baste it well with good butter; and when it is near enough, baste it again and drudge it with a little flour.

The

The breast you must roast with the caul on till it is enough, and skewer the sweetbread on the backside of the breast. When it is nigh enough, take off the caul, baste it, and drudge it with a little flour.

P O R K.

Pork must be well done, or it is apt to surfeit. When you roast a loin, take a sharp pen-knife, and cut the skin across to make the crackling eat the better. The chine you must not cut at all. The best way to roast a leg, is first to parboil it, then skin it and roast it; baste it with butter, then take a little sage, shred it fine, a little pepper and salt; a little nutmeg, and a few crumbs of bread; throw these over it all the time it is roasting, then have a little drawn gravy to put in the dish with the crumbs that drop from it. Some love the knuckle stuffed with onion and sage shred small, with a little pepper and salt, gravy and apple sauce to it. This they call a mock goose. The spring, or hand of pork, if very young, roasted like a pig; eats very well, otherwise

wise it is better boiled. The spare-rib should be basted with a little bit of butter, a very little dust of flour, and some sage shred small: but we never make any sauce to it but apple-sauce. The best way to dress pork griskins is to roast them, baste them with a little butter and crumbs of bread, sage, and a little pepper and salt. Few eat any thing with these but mustard.

To roast a pig.

Spit your pig, and lay it to the fire, which must be a very good one at each end, or hang a flat iron in the middle of the grate. Before you lay your pig down take a little sage shred small, a piece of butter as big as a walnut, and a little pepper and salt; put them into the pig, and sew it up with course thread, then flour it all over very well, and keep flouring it till the eyes drop out, or you find the crackling hard. Be sure to save all the gravy that comes out of it, which you must do by setting basons or pans under the pig in the dripping-pa soon

soon as you find the gravy begins to run. When the pig is enough, stir the fire up brisk ; take a course cloth, with about a quarter of a pound of butter in it, and rub the pig all over till the crackling is quite crisp, and then take it up. Lay it in your dish, and with a sharp knife cut off the head, and then cut the pig in two before you draw out the spit. Cut the ears off the head and lay at each end, and cut the under-jaw in two and lay on each side ; melt some good butter, take the gravy you saved and put into it, boil it, and pour it into the dish with the brains bruised fine, and the sage mixed all together, and then send it to table.

To roast the hind-quarter of a pig, lamb fashion.

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

To roast geese, turkeys, &c.

When you roast a goose, turkey, or fowls of any sort, take care to singe them with a piece of white paper, and baste them with a piece of butter; drudge them with a little flour, and when the smoke begins to draw to the fire, and then look plump, baste them again, and drudge them with a little flour, and take them up.

Sauce for a goose.

For a goose make a little good gravy and put it into a bason by itself, and some apple-sauce in another.

Sauce for a turkey.

For a turkey good gravy in the dish, and either bread or onion-sauce in a bason.

Sauce for fowls.

To fowls you should put good gravy in the dish, and either bread or egg-sauce in a bason.

Sauce for ducks.

For ducks a little gravy in the dish, and onions in a cup, if liked.

Sauce for pheasants and partridges.

Pheasants and partridges should have gravy in the dish, and bread-sauce in a cup.

Sauce for larks.

Larks; roast them, and for sauce have crumbs of bread, done thus; take a sauce-pan, or stew-pan, and some butter when melted, have a good piece of crumb of bread, and rub it in a clean cloth to crumbs, then throw into your pan; keep stirring them about till they are brown, then throw them into a sieve to drain and lay them round your larks.

To roast a pidgeon.

Take some parsley shred fine, a piece of butter as big as a walnut, a little pepper and salt; tie the neck end tight, tie a string round the legs and rump and fasten the other end to the top of the chimney.

chimney-piece. Baste them with butter, and when they are enough, lay them in the dish, and they will swim with gravy. You may put them on a little spit, and then tie both ends close.

To broil a pidgeon.

When you broil them, do them in the same manner, and take care your fire is very clear, and set your gridiron high, that they may not burn, and have a little melted butter in a cup. You may split them, and broil them with a little pepper and salt: and you may roast them only with a little parsley and butter in a dish.

Directions for geese and ducks.

As to geese and ducks, you should have some sage shred fine, and a little pepper and salt, and put them into the belly; but never put any thing into wild ducks.

To roast a hare.

Take your hare when it is cased, and make a pudding; take a quarter of a pound

red of Levett; and as much crumb of bread, a little parsley shred fine, and about as much thyme as will lie on a sixpence, when shred; an anchovy shred small, a very little pepper and salt, some nutmeg, two eggs, and a little lemon-peel. Mix all these together, and put it into the hare. Sew up the belly, spit it, and lay it to the fire, which must be a good one. Your dripping pan must be very clean and nice. Put in two quarts of milk and half a pound of butter into the pan: keep basting it all the while it is roasting, with the butter and milk, till the whole is used, and your hare will be enough. You may mix the liver in the pudding, if you like it. You must first parboil it, and then chop it fine.

Different sorts of sauce for a hare.

Take for sauce, a pint of cream and half a pound of fresh butter; put them in a sauce-pan, and keep stirring it with a spoon till the butter is melted, and the sauce is thick; then take up the hare

and pour the sauce into the dish. Another way to make sauce for a hare, is to make good gravy, thickened with a little piece of butter rolled in flour, and pour it into your dish. You may leave the butter out, if you don't like it, and have some currant jelly warmed in a cup or red wine and sugar boiled to a syrup; done thus: take half a pint of red wine, a quarter of a pound of sugar, and set over a slow fire to simmer for about a quarter of an hour. You may do half the quantity, and put it into your sauce boat or bason.

General directions concerning broiling.

As to mutton and pork steaks, you must keep them turning quick on the gridiron, and have your dish ready over a chaffing dish of hot coals, and carry them to table covered hot. When you broil fowls or pigeons, always take care your fire is clear, and never baste any thing on the gridiron, for it only makes it smoked and burnt.

General

General directions concerning boiling.

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

To boil a ham.

When you boil a ham, put it into a copper, if you have one; let it be about three or four hours before it boils, and keep it well skimmed all the time; then if it is a small one, one hour and an half will boil it, after the copper begins to boil; and, if a large one, two hours will do; for you are to consider the time it has been heating in the water, which softens the ham, and makes it boil the sooner.

Different sorts of sauce for venison.

You may take either of these sauces for venison. Currant jelly warmed; half a pint of red wine, with a quarter

of a pound of sugar, simmered over a clear fire for five or six minutes; or half a pint of vinegar, and a quarter of a pound of sugar, simmered till it is a syrup.

To roast a tongue or udder.

Parboil it first, then roast it; stick eight or ten cloves about it; baste it with butter, and have some gravy and sweet sauce. An udder eats very well done the same way.

To roast a rabbit hare-fashion.

Lard a rabbit with bacon; roast it as you do a hare, and it eats very well. But then you must make gravy-sauce; but if you don't lard it, white sauce.

Turkeys, pheasants, &c. may be larded.

You may lard a turkey or pheasant, or any thing, just as you like it.

Rules to be observed in roasting.

In the first place, take great care the spit be very clean; and be sure to clean it with nothing but sand and water.

Wash

Wash it clean, and wipe it with a dry cloth; for oil, brick-dust, and such things will spoil your meat.

BEEF.

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

MUTTON.

A leg of mutton of six pounds will take an hour at a quick fire; if frosty weather an hour and a quarter; nine pounds an hour and a half, a leg of twelve pounds will take two hours; if frosty two hours and a half; a large saddle of mutton will take three hours, because of papering it; a small saddle will take an hour and a half, and so on, according to the size; a breast will take half an
hour

hour at a quick fire; a neck, if large, an hour; if very small, little better than half an hour; a shoulder much about the same time as a leg.

P O R K.

Pork must be well done. To every pound allow a quarter of an hour; for example, a joint of twelve pounds weight three hours, and so on; if it be a thin piece of that weight, two hours will roast it.

Directions concerning beef, mutton and pork.

These three you may baste with fine nice dripping. Be sure your fire be very good and brisk; but don't lay your meat too near the fire, for fear of burning or scorching.

V E A L.

Veal takes much the same time in roasting as pork; but be sure to paper the fat of a loin or fillet, and baste your veal with good butter.

House-lamb.

If a large fore-quarter, an hour and

a half; if a small one, an hour. The outside must be papered, basted with good butter, and you must have a very quick fire. If a leg, about three quarters of an hour; a neck, a breast or shoulder, three quarters of an hour; if very small, half an hour will do.

A pig.

If just killed, an hour; if killed the day before, an hour and a quarter, if a very large one, an hour and a half. But the best way to judge, is when the eyes drop out, and the skin is grown very hard; then you must rub it with a coarse cloth, with a good piece of butter rolling in it, till the crackling is crisp, and of a fine light brown.

A hare.

You must have a quick fire. If it be a small hare, put three pints of milk and half a pound of fresh butter in the dripping-pan, which must be very clean and nice: if a large one, two quarts of milk and half a pound of fresh butter. You must baste your hare well with
 this

this all the time it is roasting; and when the hare has soaked up all the butter and milk it will be enough.

A turkey.

A middling turkey will take an hour; a very large one an hour and a quarter; a small one, three quarters of an hour. You must paper the breast till it is near done enough, then take the paper off and firoth it up. Your fire must be very good.

A goose.

Observe the same rules.

Fowls.

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

Tame ducks.

Observe the same rules.

Wild ducks.

Ten minutes at a very quick fire will do them; but if you love them well done, a quarter of an hour.

Teal, widgeon, &c.

Observe the same rules.

Woodcocks, Snipes, and Partridges.

They will take twenty minutes.

Pigeons and Larks.

They will take fifteen minutes.

Directions concerning poultry.

If your fire is not very quick and clear when you lay your poultry down to roast, it will not eat near so sweet, or look so beautiful to the eye.

To dress greens, roots, &c.

Always be very careful that your greens be nicely picked and washed, You should lay them in a clean pan. for fear of sand or dust, which is apt to hang round wooden vessels. Boil all your greens in a copper sauce-pan by themselves, with a great quantity of water. Boil no meat with them, for that discolours them. Use no iron pans &c. for they are not proper; but let them be copper, brass or silver.

To

To dress spinage.

Pick it very clean, and wash it in five or six waters; put it in a saucepan that will just hold it, throw a little salt over it, and cover the pan close. Don't put any water in, but shake the pan often. You must put your sauce-pan on a clear quick fire. As soon as you find the greens are shrunk and fallen to the bottom, and that the liquor which comes out of them boils up, they are enough. Throw them into a clean sieve to drain, and just give them a little squeeze. Lay them in a plate, and never put any butter on them, but put it in a cup.

To dress cabbages, &c.

Cabbage, and all sorts of young sprouts must be boiled in a great deal of water. When the stalks are tender, or fall to the bottom, they are enough; then take them off, before they lose their colour. Always throw salt in your water before you put your greens in. Young sprouts you send to table just as they are, but cabbage is best chopped and put into a sauce-pan with a good
piece

piece of butter, stirring it for about five or six minutes, till the butter is all melted, and then send it to table.

To dress carrots.

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

To dress turnips.

They eat best boiled in the pot, and when enough take them out and put them in a pan and mash them with butter and a little salt, and send them to table. But you may do them thus; pare your turnips, and cut them into dice as big as the top of one's finger; put them into a clean sauce-pan, and just cover them with water. When enough throw them into a sieve to drain, and put them into a sauce-pan with a good
 piece

piece of butter; stir them over the fire for five or six minutes, and send them to table.

To dress parsnips.

They should be boiled in a great deal of water, and when you find they are soft (which you know by running a fork into them), take them up, and carefully scrape all the dirt off them, and then with a knife scrape them all fine, throwing away all the sticky parts; then put them into a sauce-pan with some milk, and stir them over the fire till they are thick. Take great care they don't burn, and add a good piece of butter and a little salt, and when the butter is melted send them to table.

To dress brocala.

Strip all the little branches off till you come to the top one, then with a knife peel off all the hard outside skin, which is on the stalks and little branches, and throw them into water. Have a stew-pan of water with some salt in it: when

it boils put in the broca'a, and when the stalks are tender it is enough ; then send it to table with butter in a cup. The French eat oil and vinegar with it.

To dress artichokes.

Wring off the stalks, and put them into the water cold, with the tops downwards, that all the dust and sand may boil out. When the water boils, an hour and a half will do them.

Directions concerning garden things.

Most people spoil garden things by over-boiling them. All things that are green should have a little crispness, for if they are over-boiled, they neither have any sweetness or beauty.

To boil pickled pork.

Be sure you put it in when the water boils. If a middling piece, an hour will boil it ; if a very large piece, an hour and a half, or two hours. If you boil pickled pork too long, it will go to a jelly.

C H A P. II.

MADE DISHES.

To dress Scotch collops.

TAKE veal, cut it thin, beat it well with the back of a knife or rolling-pin, and grate some nutmeg over them ; dip them in the yolk of an egg, and fry them in a little butter till they are of a fine brown ; then pour the butter from them, and have ready half a pint of gravy, a little piece of butter rolled in flour, a few mushrooms, a glass of white wine, the yolk of an egg, and a little cream mixed together. If it wants a little salt, put it in. Stir it all together, and, when it is of a fine thickness, dish it up. It does very well without the cream, if you have none, and very well without gravy ; only put in just as much warm water, and either red or white wine.

To fry tripe.

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

A good way to dress a breast of mutton

Collar it as before, roast it, and baste it with half a pint of red wine, and when that is all soaked in, baste it well with butter, have a little good gravy, set the mutton upright in the dish, pour in the gravy, have sweet sauce as for venison, and send it to table. Don't garnish the dish, but be sure to take the skin off the mutton.

The inside of a surloin of beef is ver good done this way.

If you don't like the wine, a quart of milk, and a quarter of a pound of butter, put into the dripping pan, does full as well to baste it. C 2

To stew a knuckle of veal.

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

Beef escarlot.

Take a brisket of beef, half a pound of coarse sugar, two ounces of bay salt, a pound of common salt; mix all together, and rub the beef, lay it in an earthen pan and turn it every day. It may lay a fortnight in the pickle; then boil it, and serve it up either with favoys or pease pudding.

Note, It eats much finer cold, cut into slices, and sent to table

Beef

Beef a la mode in pieces.

You must take a buttock of beef, cut it into two pound pieces, lard them with bacon fry them brown, put them into a pot that will just hold them, put in two quarts of broth or gravy, a few sweet herbs, an onion, some mace, cloves nutmeg, pepper and salt; when that is done cover it close, and stew it till it is tender; skim of all the fat, lay the meat in the dish and strain the sauce over it, You may serve it up hot or cold.

A pretty side-dish of beef.

Roast a tender piece of beef, lay fat bacon all over it, and roll it in paper, baste it, and, when it is roasted, cut about two pounds in thin slices, lay them in a stew-pan, and take six large cucumbers, peel them, and chop them small, lay over them a little pepper and salt, and stew them in butter for about ten minutes, then drain out the butter, and shake some flour over them; to

them up, pour in half a pint of gravy, let them stew till they are thick, and dish them up.

To dress a fillet of beef.

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

A leg of mutton a la hautgout.

Let it hang a fortnight in an airy place, then have ready some cloves of garlic, and stuff it all over. rub it with
pepper

pepper and salt; roast it, have ready some good gravy and red wine in the dish, and send it to table.

To roast a leg of mutton with oysters.

Take a leg about two or three day killed, stuff it all over with oysters, and roast it. Garnish with horse-raddish.

To roast a leg of mutton with cockles.

Stuff it all over with cockles, and roast it. Garnish with horse-raddish.

To dress pigs petty toes.

Put your petty-toes into a sauce-pan with half a pint of water, a blade of mace, a little whole pepper, a bundle of sweet herbs, and an onion. Let them boil five minutes, then take out the liver, lights, and heart, mince them very fine, grate a little nutmeg over them, and shake a little flour ^{over} them; let the feet do till they are tender, then take them out and strain the liquor, put all together with a little salt, and a piece of butter as big as a walnut, shake the sauce pan often, let it simmer five or six minutes

minutes, then cut some toasted sippets and lay round the dish, lay the mince-meat in the middle, and the petty-toes split round it. You may add the juice of half a lemon, or a very little vinegar.

To dress a leg of mutton to eat like venison.

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

To fry a loin of lamb.

Cut the loin into thin steaks, put a very little pepper and salt, and a little nutmeg on them and fry them in fresh butter; when enough, take out the steaks, lay them in a dish before the fire to keep hot, then pour out the butter, shake a little flour over the bottom of the pan, pour in a quarter of a pint of boiling water, and put in a piece of butter; shake all together, give it a boil or two up, pour it over the steaks, and send it to table.

Note, You may do mutton the same way, and add two spoonfuls of walnut pickle.

To stuff a chine of pork.

Make a stuffing of the fat leaf of pork parsley, thyme, sage, eggs, crumbs of bread; season it with pepper, salt, shalot, and nutmeg and stuff it thick; then roast it gently, and when it is about a quarter roasted, cut the skin in slips
and

and make your sauce with apples, lemon peel, two or three cloves and a blade of mace; sweeten it with sugar, put some butter in, and have mustard in a cup.

To dress a pig like fat lamb.

Take a fat pig, cut off his head, slit and truss him up like a lamb; when he is slit through the middle and skinned, parboil him a little, then throw some parsley over him, roast it and dredge it. Let your sauce be half a pound of butter and a pint of cream, stirred all together till it is smooth; then pour it over and send it to table.

To make a pretty dish of a breast of venison

Take half a pound of butter, flour your venison, and fry it of a fine brown on both sides; then take it up, and keep it hot covered in the dish: take some flour, and stir it into the butter till it is quite thick and brown, (but take great care it don't burn,) stir in half a pound of lump-sugar beat fine,
and

and pour in as much red wine as will make it of the thickness of a ragoo; squeeze in the juice of a lemon, give it a boil up, and pour it over the venison. Don't garnish the dish, but send it to table.

To boil a leg of mutton like venison.

Take a leg of mutton cut venison-fashion, boil it in a cloth well floured, and have three or four cauliflowers boiled, pulled into sprigs, stewed in a sauce-pan with butter, and a little pepper and salt, then have some spinage picked and washed clean, put it into a saucepan with a little salt, covered close, and stewed a little while; then drain the liquor, and pour in a quarter of a pint of good gravy, a good piece of butter rolled in flour, and a little pepper and salt; when stewed enough, lay the spinage in the dish, the mutton in the middle, and the cauliflower over it, then pour the butter the cauliflower was stewed in over it all: but you are to observe, in stewing the cauliflower, to melt your butter nicely,

as for sauce, before the cauliflower goes in. This is a genteel dish for a first course at bottom.

To make mushroom sauce for white fowls of all sorts.

Take a pint of mushrooms, wash and pick them very clean, and put them into a sauce-pan, with a little salt, some nutmeg, a blade of mace, a pint of cream, and a good piece of butter rolled in flour. Boil these all together, and keep stirring them; then pour your sauce into your dish, and garnish with lemon.

Mushroom sauce for white fowls boiled.

Take half a pint of cream, and a quarter of a pound of butter, stir them together one way till it is thick, then add a spoonful of mushroom pickle, pickled mushrooms, or fresh if you have them. Garnish only with lemon.

To make egg-sauce proper for roasting chickens.

Melt your butter thick and fine, chop
two

two or three hard-boiled eggs fine, put them into a bason, pour the butter over them, and have good gravy in the dish.

Shalot-sauce for roasted fowls.

Take five or six shalots peeled and cut small, put them into a sauce-pan, with two spoonfuls of white wine, two of water, and two of vinegar; give them a boil up, and pour them into your dish, with a little pepper and salt. Fowls roasted and laid on watercresses is very good, without any other sauce.

To make lemon-sauce for boiled fowls.

Take a lemon pare off the rind, then cut it into slices, and cut it small; take all the kernels out, bruise the liver with two or three spoonfuls of good gravy, then melt some butter, mix it all together, give them a boil, and cut in a little lemon-peel very small.

Mutton chops in disguise:

Take as many mutton chops as you want, rub them with pepper, salt, nutmeg, and a little parsley; roll each chop
in

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

A pretty way of stewing chickens.

Take two fine chickens, half-boil them, then take them up in a pewter or silver dish, if you have one; cut up your fowls, and separate all the joint bones one from another, and then take out the breast-bones. If there is not liquor enough from the fowls, add a few spoonfuls of water they are boiled in, put in a blade of mace and a little salt; cover it close with another dish, set it over a stove or chaffing-dish of coals, let it stew till the chickens are enough, and then send them hot to the table in the same dish they were stewed in.

any sick person, or for a lying-in lady ; for change it is better than butter, and the sauce is very agreeable and pretty.

N. B. You may do rabbits, partridges, or muir game this way.

Chickens boiled with bacon and celery.

Boil two chickens very white in a pot by themselves, and a piece of ham, or good thick bacon ; boil two bunches of celery tender, then cut them about two inches long, all the white part, put it into a sauce-pan with half a pint of cream, a piece of butter rolled in flour, and some pepper and salt ; set it on the fire, and shake it often : when it is thick and fine, lay your chickens in the dish and pour your sauce in the middle that the celery may lie between the fowls, and garnish the dish all round with slices of ham or bacon.

Note, If you have cold ham in the house, that, cut into slices and broiled, does full as well, or better, to lay round the dish.

To dress a wild duck the best way.

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

To dress a duck with green pease.

Put a deep stew pan over the fire, with a piece of fresh butter; singe your duck and flour it, turn it in the pan two or three minutes, then pour out all the fat, but let the duck remain in the pan; put to it half a pint of good gravy, a pint of pease, two lettuces cut small, a
small

small bundle of sweet herbs, a little pepper and salt, cover them close, and let them stew for half an hour, now and then give the pan a shake; when they are just done, grate in a little nutmeg, and put in a very little beaten mace, and thicken it either with a piece of butter rolled in flour, or the yolk of an egg beat up with two or three spoonfuls of cream; shake it all together for three or four minutes, take out the sweet herbs lay the duck in the dish, and pour the sauce over it. You may garnish with boiled mint chopped, or let it alone.

To dress a goose with onions or cabbage

Salt the goose for a week, then boil it. It will take an hour. You may either make onion-sauce as we do for ducks, or cabbage boiled, chopped, and stewed in butter, with a little pepper and salt; lay the goose in the dish, and pour the sauce over it. It eats very good with either.

Pidgeons in a hole.

Take your pidgeons, season them with beaten mace, pepper and salt; put a little piece of butter in the belly, lay them in a dish, and pour a little batter all over them, made with a quart of milk and eggs, and four or five spoonfuls of flour. Bake it, and send it to table. It is a good dish.

To roast a calf's liver.

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

To roast partridges.

Let them be nicely roasted, but not too much, drudge them with a little flour, and baste them moderately: let them have a fine froth, let there be good gravy-sauce in the dish, and bread sauce in basons, made thus: take a pint of water, put in a good thick piece of bread, some whole pepper, a blade or two of mace; boil it five or six minutes till the bread is soft, then take out all the spice, and pour out all the water,
only

only juſt enough to keep it moiſt, beat it ſoft with a ſpoon, throw in a little ſalt, and a good piece of freſh butter ; ſtir it well together, ſet it over the fire for a minute or two, then put it into a boat.

To roaſt ſnipes or woodcocks.

Spit them on a ſmall bird-ſpit, flour them and baſte them with a piece of butter, then have ready a ſlice of bread, toaſted brown, lay it in a diſh, and ſet under the ſnipes for the trail to drop on ; when they are enough, take them up and lay them on a toaſt ; have ready for two ſnipes a quarter of a pint of good beef-gravy hot, pour it into the diſh, and ſet it over a chaffing-diſh two or three minutes. Garniſh with lemon, and ſend them hot to table.

To dreſs ortolans.

Spit them ſideways, with a bay-leaf between ; baſte them with butter, and have fried crumbs of bread round the diſh. Dreſs quails the ſame way.

To

To dress larks.

Spit them on a little bird-spit, roast them ; when enough, have a good many crumbs of bread fried, and throw all over them ; and lay them thick round the dish.

Or they make a very pretty ragoo with fowls livers ; first fry the larks and livers very nicely, then put them into some good gravy to stew just enough for sauce ; with a little red wine. Garnish with lemon.

To boil rabbits.

Truss them for boiling, boil them quick and white ; for sauce take the livers, boil and shred them, and some parsley shred fine, and pickled asparagus buds chopped fine, or capers, mix these with half a pint of good gravy, a glass of white wine a little beaten mace and nutmeg, a little pepper and salt, if wanted a piece of butter as big as a large walnut

walnut rolled in flour; let it all boil together till it is thick, take up the rabbits and pour the sauce over them. Garnish with lemon. You may lard them with bacon, if it is liked.

To make pretty little dishes, fit for a supper, or side-dish, and little corner dishes for a great table.

To stew cucumbers.

PARE twelve cucumbers, and slice them as thick as a crown piece and put them to drain, and then lay them in a coarse cloth till they are dry, flour them and fry them brown in butter; pour out the fat, then put to them some gravy, a little claret, some pepper, cloves, and mace, and let them stew a little, then roll a bit of butter in flour, and toss them up; season with salt; you may add a very little mushroom pickle.

To dress windfor beans.

Take the seed; boil them till they are tender; then blanch them, and

fry them in clarified butter. Melt butter, with a drop of vinegar, and pour over them. Stew them with salt, pepper, and nutmeg.

Or you may eat them with butter; sack; sugar, and a little powder of cinnamon.

Cod-sounds broiled with gravy.

Scald them in hot water, and rub them with salt well; blanch them, that is, take off the black dirty skin, then set them on in cold water, and let them simmer till they begin to be tender; take them out and flour them, and broil them on the gridiron. In the mean time take a little good gravy, a little mustard, a little bit of butter rolled in flour, give it a boil, season it with pepper and salt. Lay the sounds in your dish, and pour our sauce over them.

Fried sausages.

Take half a pound of sausages, and six apples; slice four about as thick as

2 crown, cut the other two in quarters fry them with the sausages of a fine light brown, lay the sausages in the middle of the dish, and the apples round. Garnish with the quartered apples.

Stewed cabbage and sausages fried is a good dish; then heat cold peas-pudding in the pan, lay it in the dish and the sausages round, heap the pudding in the middle, and lay the sausages all round thick up, edgeways, and one in the middle at length.

Collops and eggs.

Cut either bacon, pickled beef, or hung mutton into thin slices, broil them nicely, lay them in a dish before the fire, have ready a stew-pan of water boiling, break as many eggs as you have collops, break them one by one in a cup, and pour them into the stew-pan. When the whites of the eggs begin to harden, and all look of a clear white, take them up one by one in an egg slice, and lay on the collops.

To mince veal.

Cut your veal as fine as possible, but don't chop it; grate a little nutmeg over it, shred a little lemon-peel very fine, throw a very little salt on it, drudge a little flour over it. To a large plate of veal take four or five spoonfuls of water, let it boil, then put in the veal, with a piece of butter as big as an egg, stir it well together; when it is all thoroughly hot, it is enough. Have ready a very thin piece of bread toasted brown, cut it into three-corner sippets, lay it round the plate, and pour in the veal. Just before you pour it in, squeeze in half a lemon, or half a spoonful of vinegar. Garnish with lemon. You may put gravy in the room of water, if you love it strong, but it is better without.

To hash mutton like venison.

Cut it very thin as above; boil the bones as above; strain the liquor, were there is just enough for the hash, to a quarter of a pint of gravy put a large
 spoonful

spoonful of red wine, an onion peeled and chopped fine, a very little lemon peel shred fine, a piece of butter as big as a small walnut rolled in flour; put it into a sauce-pan with the meat, shake it all together, and when it is thoroughly hot, pour it into your dish. Hash beef the same way.

To make salmongundy.

Mince veal or fowl very small, a pickled herring boned and pickled small, cucumber minced small, apples minced small, an onion peeled and minced small, some pickled red cabbage chopped small, cold pork minced small, or cold duce or pigeons minced small, boiled passlyr chopped fine, celery cut small, the ry.

hard ggs chopped small, and oursayt whites chop small, haand either lay sauce whites chopped small, and either lay all the ingredients by themselves separate on saucers, or in heaps in a dish. Dish them out with what ristles you have, and sliced lemon nic ly cut; and if you can get a tertion flower, let them round it. This is a fine middle dish for supper; but always mak

salamongundy of such things as you have, according to your fancy. The other sorts you have in the chapter of fasts.

C H A P. V.

To dress Fish.

AS to boiled fish of all sorts, you have full directions in the Lent chapter. But here we can fry fish much better, because we have beef dripping, or hog's lard.

Observe always, in the frying of any sort of fish, first, that you dry your fish very well in a clean cloth, then flour it. Let your stew-pan you fry them in be very nice and clean, and put in as much beef dripping, or hog's lard, as will almost cover your fish; and be Let it bols before you put in your fish; are it fry quick, and let it be of a fine ght brown, but not too dark a colour.

Have your fish-slice ready, and if there is occasion, turn it : when it is enough, take it up, and lay a coarse cloth on a dish, on which lay your fish to drain all the grease from it; if you fry parsley, do it quick, and take great care to whip it out of the pan as soon as it is crisp, or it will lose its fine colour. Take great care that your dripping be very nice and clean. You have directions in the eleventh chapter how to make it fit for use, and have it always in readiness.

Some love fish in batter; then you must beat an egg fine, and dip your fish in just as you are going to put it in the pan; or as good a batter as any, is a little ale and flour beat up just as you are ready for it, and dip the fish to fry it.

Fish-sauce with lobster.

For salmon or turbot, broiled cod or haddock, &c. nothing is better than fine butter melted thick; and take a lobster, bruise the body of the lobster in the butter, and cut the fish into little

pieces; stew it all together, and give it a boil. If you would have your sauce very rich, let one half be rich beef gravy, and the other half melted butter with the lobster; but the gravy, I think, takes away the sweetness of the butter and lobster, and the fine flavour of the fish.

To make shrimp-sauce.

Take a pint of beef-gravy, and hal a pint of shrimps, thicken it with a good piece of butter rolled in flour. Let the gravy be well seasoned, and let it boil.

To make oyster-sauce.

Take half a pint of large oysters, liquor and all; put them into a sauce-pan, with two or three blades of mace, add twelve whole pepper-corns; let them simmer over a slow fire till the oysters are fine and plump, then carefully with a fork take out the oysters from the liquor and spice, and let the liquor boil five or six minutes; then
strain

strain the liquor, wash the sauce-pan clean, and put the oysters and liquor in the sauce-pan again, with half a pint of gravy, and half a pound of butter just rolled in a little flour. You may put in two spoonfuls of white wine, keep it stirring till the sauce boils, and all the butter is melted.

To make anchovy-sauce.

Take a pint of gravy, put in an anchovy, take a quarter of a pound of butter rolled in a little flour, and stir all together till it boils. You may add a little juice of a lemon, catchup, red wine, and walnut-liquor, just as you please.

Plain butter melted thick, with a spoonful of walnut-pickle, or catchup is good sauce, or anchovy: in short, you may put as many things as you fancy into sauce; all other sauce for fish you have in the Lent chapter.

C H A P VI.

Of Soaps and Broths.

To make strong broth for soups or
gravy.

TAKE a leg of beef, chop it to pieces, set it on the fire in four gallons of water, scum it clean, season it with black and white pepper, a few cloves, and a bundle of sweet herbs. Let it boil till two parts is wasted, then season it with salt; let it boil a little while, then strain it off, and keep it for use.

When you want very strong gravy, take a slice of bacon, lay it in a stew-pan take a pound of beef, cut it thin, lay it on the bacon, slice a good piece of carrot and an onion sliced, a good crust of bread, a few sweet herbs, a little mace, cloves, nutmeg, and whole pepper, an anchovy; cover it, and let it on a slow fire five or six minutes, and pour in a quart of the
above

above beef-gravy; cover it close, and let it boil softly till half is wasted. This will be a rich, high brown sauce for fish or fowl or ragoos.

Gravy for white sauce.

Take a pound of any part of the veal, cut it into small pieces, boil it in a quart of water, with an onion, a blade of mace, two cloves, and a few whole pepper-corns. Boil it till it is as rich as you can have it.

Gravy for turkey, fowl, or ragoos.

Take a pound of lean beef, cut and hack it well, then flour it well, put a piece of butter as big as a hen's egg in a stew pan; when it is melted put in your beef, fry it on all sides a little brown, then pour in three pints of boiling water, and a bundle of sweet herbs, two or three blades of mace, three or four cloves, twelve whole pepper-corns, a little bit of carrot, a little piece of crust of bread toasted brown: cover it close, and let it boil till there is about a pint or less;

less; then season it with salt, and strain it off.

To make mutton or veal gravy.

Cut and hack your veal well, set it on the fire with water, sweet herbs, mace, and pepper. Let it boil till it is as good as you would have it, then strain it off. Your fine cooks always, if they can, chop a partridge or two and put into gravies.

To make strong broth to keep for use.

Take part of a leg of beef and the scraig-end of a neck of mutton, break the bones in pieces, and put to it as much water as will cover it, and a little salt; and when it boils skim it clean, and put into it a whole onion stuck with cloves, a bunch of sweet herbs, some pepper, and a nutmeg quartered. Let those boil till the meat is boiled in pieces, and the strength oiled out of it; then put to it three or four anchovies, and when they are dissolved, strain it out, and keep it for use.

Beef broth.

Take a leg of beef, crack the bone in two or three parts, wash it clean, put it into a pot with a gallon of water, skim it well, then put in two or three blades of mace, a little bundle of parsley, and a good crust of bread. Let it boil till the beef is quite tender, and the sinews. Toast some bread and cut it in slices, and lay it in your dish; lay in the meat, and pour the soup in.

Rules to be observed in making soups or broths.

First take great care the pots or saucepans and covers be very clean and free from all grease and sand, and that they be well tinned, for fear of giving the broths and soups any brassy taste. If you have time stew it as softly as you can, it will both have a finer flavour, and the meat will be tenderer. But then observe, when you make soups or broths for present use, if it is to be done softly, don't put much more water

ter

ter than you intend to have soup or broth and if you have the convenience of an earthen pan or pipkin, set it on wood embers till it boils, then skim it, and put in your seasoning: cover it close, and set it on embers, so that it may do very softly for some time, and both the meat and broths will be delicious. You may observe in all broths and soups that one thing does not taste more than another; but that the taste be equal, and it has a fine agreeable relish, according to what you design it for; and you must be sure that all the greens and herb you put in be cleaned, washed, and picked.

C H A P. VI.

Of Puddings.

An oat pudding to bake.

OF oats decorticated take two pounds and of new milk enough to drown t, eight ounces of raisins of the sun stoned, an equal quantity of currants
neatly

neatly picked, a pound of sweet suet finely shred, six new-laid eggs well beat: season with nutmeg, and beaten ginger and salt; mix it all well together; it will make a better pudding than rice.

To make a marrow pudding.

Take a quart of cream, and three Naples biscuits, a nutmeg grated, the yolks of ten eggs, the whites of five well beat, the sugar to your taste; mix all well together, and put a little bit of butter in the bottom of your sauce-pan, then put in your stuff, set it over the fire, and stir till it is pretty thick, then pour it into your pan, with a quarter of a pound of currants that have been plumped in hot water, stir it together, and let it stand all night. The next day make some fine paste, and lay at the bottom of your dish and round the edges; when the oven is ready, pour in your stuff, and lay long pieces of marre it; ne tp. Half an hour.

A boiled fuet-pudding.

Take a quart of milk, a pound of fuet shred small, four eggs, two spoonfuls of beaten ginger, or one of beaten pepper, a tea spoonful of salt ; mix the eggs and flour with a pint of the milk very thick, and with the seasoning mix in the rest of the milk and the fuet. Let your batter be pretty thick, and boil it two hours.

A boiled plumb-pudding.

Take a pound of fuet cut in little pieces, not too fine, a pound of currants and a pound of raisins stoned, eight eggs hat the whites, the crumb of a penny loaf grated fine, half a nutmeg grated, and a tea spoonful of beaten ginger, a little salt a pound of flour, a pint of milk ; beat the eggs first, then half the milk, beat them together, and by degrees stir in the flour and bread together, then the fuet, spice, and fruit, and as much milk as will mix it well together very thick. Boil it five hours.

A Yorkshire pudding.

Take a quart of milk, four eggs, and a little salt make it up into a thick batter with flour, like a pan-cake batter. You must have a good piece of meat at the fire, take a stew-pan and put some dripping in, set it on the fire; when it boils, pour in your pudding; let it bake on the fire till you think it is high enough, then turn a plate upside down in the dripping-pan, that the dripping may not be blacked; set your stew-pan on it under your meat, and let the dripping drop on the pudding, and the heat of the fire come to it, to make it of a fine brown. When your meat is done and sent to table, drain all the fat from your pudding, and set it on the fire again to dry a little; then slide it as dry as you can into a dish, melt some butter, and pour it into a cup, and set it in the middle of the pudding. It is an excellent good pudding; the gravy of the meat eats well with it.

A steak pudding.

Make a good crust, with suet shred fine with flour, and mix it up with cold water. Season it with a little salt, and make a stiff crust, about two pounds of suet to a quarter of a peck of flour. Let your steaks be either beef or mutton, well seasoned with pepper and salt, make it up as you do an apple-pudding, tie it in a cloth, and put it into the water boiling. If it be a large pudding, it will take five hours; if a small one, three hours. This is the best crust for an apple-pudding. Pigeons eat well this way.

Rules to be observed in making puddings, &c.

In boiled puddings take great care the bag or cloth be very clean, not soapy, but dipped in hot water, and well floured; if a bread-pudding, tie it loose; if a batter-pudding, tie it close, and be sure the water boils when you put the pudding in, and you should move the puddings in the pot now and then,

then, for fear they stick; When you make a batter pudding, first mix the flour well with a little milk, then put in the ingredients by degrees, and it will be smooth, and not have lumps; but, for a plain batter-pudding, the best way is to strain it through a coarse hair-sieve, that it may neither have lumps nor the treadles of the eggs; for all other puddings strain the eggs when they are beat. If you boil them in wooden bowls or china dishes, butter the inside before you put in your batter, and, for all baked puddings, butter the pan or dish before the pudding is put in.

CH A P. VIII.

OF P I E S.

A sivyory veal pie.

TAKE a breast of veal, cut it into pieces, season it with pepper and salt,

salt, lay it all into your crust, boil six or eight eggs hard, take only the yolks, put them into the pie here and there, fill your dish almost full of water, put on the lid, and bake it well.

To season an egg-pie.

Boil twelve eggs hard, and shred them with one pound of beef-suet, or marrow, shred fine. Season them with a little cinnamon and nutmeg beat fine, one pound of currants clean washed and picked, two or three spoon-fuls of cream, and a little sack and rose-water mixed all together, and fill the pie. When it is baked, stir in half a pound of fresh butter, and the juice of lemon.

To make a mutton pie.

Take a loin of mutton, take off the skin and fat of the inside, cut it into steaks, season it well with pepper and salt to your palate; lay it into your crust, fill it, pour in as much water as will almost fill the dish; then put on the crust, and bake it well.

A beef steak pie:

Take fine rump-steaks, beat them with a rolling-pin, then season them with pepper and salt, according to your palate. Make a good crust, lay in your steaks, fill your dish, then pour in half as much water as will half fill the dish. Put on the crust and bake it well.

To make a giblet pie.

Take two pair of giblets nicely cleaned, put all but the livers into a sauce-pan, with two quarts of water, twenty corns of whole pepper, three blades of mace, a bundle of sweet herbs, and a large onion; cover them close, and let them stew very softly till they are quite tender, then have a good crust ready, cover your dish, lay a fine rump steak at the bottom. seasoned with pepper and salt; then lay in your gilets, with the livers. and strain the liquors as they were stewed in. Season it with salt, and pour into your pie; put on the lid, and bake it an hour and a half.

To make a Cheshire pork pie.

Take a loin of pork skin it, cut it into steaks, season it with salt, nutmeg, and pepper; make a good crust, lay a layer of pork, then a large layer of pippins pared and cored, a little sugar, enough to sweeten the pie, then another layer of pork: put in half a pint of white wine, lay some butter on the top, and close your pie. If your pie be large, it will take a pint of white wine.

To make mince-pies the best way.

Take three pounds of suet shred very fine, and chopped as small as possible two pounds of raisins stoned, and chopped as fine as possible, two pounds of currants nicely picked, washed, rubbed, and dried at the fire, half a hundred of fine pippins, pared, cored, and chopped small, half a pound of fine sugar pounded fine, a quarter of an ounce of mace, a quarter of an ounce of cloves, two large nutmegs, all beat fine; put all together into a great pan, and mix it well
together

together with half a pint of brandy and half a pint of sack ; put it down close into a stone pot, and it will keep good four months. When you make your pies, take a little dish, something bigger than a soup-plate, lay a very thin crust all over it, lay a thin layer of meat, and then a thin layer of citron cut very thin then a layer of mince-meat, and a thin layer of orange-peel cut thin, over that a little meat, squeeze half the juice of a fine Seville orange or lemon, and pour in three spoonfuls of red wine ; lay on your crust, and bake it nicely. These pies eat finely cold. If you make them in little patties, mix your meat and sweetmeats accordingly. If you chuse meat in your pies, parboil a neat's tongue, peel it, and chop the meat as fine as possible, and mix with the rest ; or two pounds of the inside of a sirloin of beef boiled.

Paste for tarts.

One pound of flour, three quarters of a pound of butter ; mix up together, and beat well with a rolling-pin.

Another paste for tarts

Half a pound of butter, half a pound of flour and half a pound of sugar ; mix it well together, and beat it with a rolling pin well, then roll it out thin.

Puff paste

Take a buarter of a peck of flour, rub fine half a pound of butter, a little salt, make it up into a thin paste with cold water, just stiff enough to work it well up ; then roll it out, and stick pieces of butter all over, and strew a little flour ; roll it up and roll it out again ; and so do nine or ten times, till you have rolled in a pound and a half of butter. This crust is mostly used for all sorts of pies.

A good crust for great pies.

To a peck of flour add the yolks of three eggs ; then boil some water, and put in half a pound of fried suet, and a pound and a half of butter. Skim off the butter and suet, and as much of the liquor as will make it a light good crust.

crust : work it up well, and roll it out.

A standing crust for great pies.

Take a peck of flour, and six pounds of butter, boiled in a gallon of water skim it off into the flour, and as little of the liquor as you can : work it well up into a paste, then pull it into pieces till it is cold then make it up in what form you will have it. This is fit for the walls of a goose-pie.

A cold crust.

To three pounds of flour rub in a pound and a half of butter, break in two eggs, and make it up with cold water.

A dripping crust.

Take a pound and a half of beef-dripping, boil it in water, strain it, then let it stand to be cold, and take off the hard fat : scrape it, boil it so four or five times ; then work it well up into three pounds of flour as fine as you can, and
make

make it up into paste with cold water. It makes a very fine crust.

A crust for custards.

Take half a pound of flour, six ounces of butter, the yolks of two eggs, three spoonfuls of cream; mix them together, and let them stand a quarter of an hour, then work it up and down, and roll it very thin.

Paste for crackling crust.

Blanch four handfuls of almonds, and throw them into water, then dry them in a cloth, and pound them in a mortar very fine, with a little orange-flower water, and the white of an egg. When they are well pounded, pass them through a coarse hair sieve to clear them from all the lumps or clods; then spread it on a cloth till it is very pliable; let it stand for a while, then roll out a piece for the under-crust, and dry in the oven on the pie-pan, while other pastry works are making, as knots, cyphers, &c. for garnishing your pies.

C H A P. IX.

For Lent, or a fast dinner, a number of good dishes, which you may make use of for a table at any other time.

A green-pease soup.

TAKE a quart of green peas, and boil them, till they are quite tender as pap, in a quart of water; then strain them through a sieve, and boil a quart of young peas in that water. In the mean time put the old peas into a sieve, pour half a pound of melted butter over them, and strain them thro' the sieve with the back of a spoon, till you have got all the pulp. When the young pease are boiled enough, add the pulp and butter to the young pease and liquor; stir them together till they are smooth, and season with pepper and salt. You may fry a French roll, and let it swim in the dish, If you like it, boil a bundle of mint in the pease,

To make a barley soup.

Take a gallon of water, half a pound of barley, a blade or two of mace, a large crust of bread, a little lemon-peel. Let it boil till it comes to two quarts, then add half a pint of white wine, and sweeten to your palate.

To make peate porridge.

Take a quart of green pease, put to them a quart of water, a bundle of dried mint, and a little salt. Let them boil till the pease are quite tender; then put in some beaten pepper, a piece of butter as big as a walnut, rolled in flour, stir it all together, and let it boil a few minutes: then add two quarts of milk, let it boil a quarter of an hour, take out the mint, and serve it up.

To make a white pot.

Take two quarts of new milk, eight eggs, and half the whites, beat up with a little rose water, a nutmeg, a quarter of a pound of sugar; cut a penny loaf in very thin slices, and pour your milk and
eggs

eggs over. Put a little bit of sweet butter on the top. Bake it in a slow oven half an hour.

To make rice-milk.

Take half a pound of rice, boil it in a quart of water with a little cinnamon. Let it boil till the water is all wasted; take great care it does not burn, then add three pints of milk, and the yolk of an egg beat up. Keep it stirring, and when it boils take it up. Sweeten to your palate.

To make a gooseberry fool.

Take two quarts of gooseberrys, set them on the fire in about a quart of water. When they begin to simmer, turn yellow, and begin to plump, throw them into a cullender to drain the water out; then with the back of a spoon carefully squeeze the pulp, throw the sieve into a dish, make them pretty sweet, and let them stand till they are cold. In the mean time take two quarts of new milk, and the yolks of

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four eggs beat up with a little grated nutmeg ; stir it softly over a slow fire ; when it begins to simmer take it off, and by degrees stir it into the gooseberries. Let it stand till it is cold, and serve it up. If you make it with cream, you need not put any eggs in ; and if it is not thick enough it is only boiling more gooseberries. But that you must do as you think proper.

To make firmity.

Take a quart of ready boiled wheat, two quarts of milk, a quarter of a pound of currants, clean picked and washed : stir these together and boil them, beat up the yolks of three or four eggs, a little nutmeg, with two or three spoonfuls of milk, add to the wheat ; stir them together for a few minutes. Then sweeten to your palate, and send it to table.

To make plumb-porridge, or barley gruel.

Take a gallon of water, half a pound of

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of barley, a quarter of a pound of raisins clean washed, a quarter of a pound of currants clean washed and picked. Boil these till above half the water is wasted, with two or three blades of mace. Then sweeten it to your palate, and add half a pint of white wine.

To make buttered wheat.

Put your wheat into a sauce pan; when it is hot, stir in a good piece of butter, a little grated nutmeg, and sweeten it to your palate,

To make plumb gruel.

Take two quarts of water, two large spoonfuls of oatmeal, stir it together, a blade or two of mace, a little piece of lemon peel; boil it for five or six minutes, (take care it don't boil over,) then strain it off, and put it into the sauce pan again, with half a pound of currants clean washed and picked. Let them boil about ten minutes, add a glass of white wine, a little grated nutmeg, and sweeten to your palate.

To make a flour hasty pudding.

Take a quart of milk, and four bay leaves, set it on the fire to boil, beat up the yolks of two eggs, and stir in a little salt. Take two or three spoonfuls of milk, and beat up with your eggs, and stir in your milk, then with a wooden spoon in one hand, and the flour in the other, stir it in till it is of a good thickness, but not too thick. Let it boil, and keep it stirring, then pour it into a dish, and stick pieces of butter here and there. You may omit the egg if you don't like it; but it is a great addition to the pudding, and a little piece of butter stirred in the milk makes it eat short and fine. Take out the bay leaves before you put in the flour.

To make sack posset.

Take a quart of new milk, four Naples biscuits, crumble them, and when the milk boils throw them in. Just give it one boil, take it off, grate in some nutmeg, and sweeten to your palate; then pour in half a pint of sack, stirring

it all the time, and serve it up. You may crumble white bread, instead of biscuit.

To make fine fritters.

Put to half a pint of thick cream four eggs well beaten, a little brandy, some nutmeg and ginger. Make this into a thick batter with flour, and your apples must be golden pippins pared and chopped with a knife; mix all together, and fry them in butter. At any time you may make an alteration in the fritters with currants.

To make apple fritters.

Beat the yolk of eight eggs, the whites of four well together, and strain them into a pan; then take a quart of cream, make it as hot as you can bear your finger in it, then put to it a quarter of a pint of sack, three quarters of a pint of ale, and make a posset of it. When it is cool, put to it your eggs, beating it well together; then put in nutmeg, ginger, salt and flour, to

your liking. Your batter should be pretty thick, then put in pippins sliced or scraped, and fry them in a good deal of butter quick.

To make fine pancakes.

Take half a pint of cream, half a pint of sack, the yolks of eighteen eggs beat fine, a little salt, half a pound of fine sugar, a little beaten cinnamon, mace, and nutmeg; then put in as much flour as will run thin over the pan, and fry them in fresh butter. This sort of pancake will not be crisp, but very good.

To bake apples whole.

Put your apples into an earthen pan, with a few cloves, a little lemon peel, some coarse sugar, a glass of red wine; put them into a quick oven, and they will take an hour baking.

To stew pears in a sauce pan

Put them into a sauce pan, with the ingredients as before; cover them, and do them over a slow fire, When they are enough take them off.

To fry carp.

First scale and gut them, wash them clean, lay them in a cloth to dry, then flour them, and fry them of a fine light brown. Fry some toast cut three corner ways, and the roes; when your fish is done, lay them on a coarse cloth to drain. Let your sauce be butter and anchovy, with the juice of a lemon. Lay your carp in the dish, the roes on each side, and garnish with the fried toast and lemon.

'To boil a cod's head.

Set a fish kettle on the fire, with water enough to boil it, a good handful of salt, a pint of vinegar, a bundle of sweetherbs, and a piece of horse raddish, let it boil a quarter of an hour, then put in the head, and when you are sure it is enough, lift up the fish plate with the fish on it, set it across the kettle to drain, then lay it in your dish, and lay the liver on one side. Garnish with lemon and horse-raddish scraped; melt some butter, with a little of the fish liquor,

an anchovy, oysters, or shrimps, or just what you fancy.

To boil shrimp, cod, salmon, whiting, or haddock.

Flour it, and have a quick clear fire, set your gridiron high, broil it of a fine brown, lay it in your dish, and for sauce have good melted butter. Take a lobster, bruise the body in the butter, cut the meat small, put all together into the melted butter, make it hot and pour it into your dish, or into basons. Garnish with horse-raddish and lemon.

To broil mackrel.

Clean them, cut off the heads, split them, season them with pepper and salt, flour them, and broil them of a fine light brown. Let your sauce be plain butter.

To dress a jole of pickled salmon

Lay it in fresh water all night, then lay it in a fish plate, put it into a large stew pan, season it with a little whole pepper, a blade or two of mace in a
coarse

coarse muslin rag tied, a whole onion, a nutmeg bruised, a bundle of sweet herbs and parsley, a little lemon peel, put to it three large spoonfuls of vinegar, a pint of white wine, and a quarter of a pound of fresh butter rolled in flour; cover it close, and let it simmer over a slow fire for a quarter of an hour, then carefully take up your salmon, and lay it in your dish; set it over hot water and cover it. In the meantime let your sauce boil till it is thick and good. Take out the spice, onion, and sweet herbs, and pour it over the fish. Garnish with lemon.

To broil salmon.

Cut fresh salmon into thick pieces, flour them and broil them, lay them in your dish, and have plain melted butter in a cup.

To broil mackrel whole.

Cut off their heads, gut them, wash them clean, pull out the roe at the neck end, boil it in a little water, then bruise

it with a spoon, beat up the yolk of an egg, with a little nutmeg, a little lemon peel cut fine, a little thyme, some parsley boiled and chopped fine, a little pepper and salt, a few crumbs of bread: mix all well together, and fill the mackrel; flour it well, and broil it nicely. Let your sauce be plain: butter, with a little catchup or walnut pickle.

To stew eels with broth.

Cleanse your eels as above, put them into a sauce pan with a blade or two of mace and a crust of bread. Put just water enough to cover them close, and let them stew very softly; when they are enough, dish them up with the broth, and have a little plain melted butter in a cup to eat the eels with. The broth will be very good, and is fit for weakly and consumptive constitutions.

To fry eels.

Make them very clean, cut them into pieces, season them with pepper and salt, flour them, and fry them in butter.

Let

Let your sauce be plain butter melted with the juice of a lemon. Be sure they be well drained from the fat before you lay them in the dish.

To crimp scate.

It must be cut into long slips cross-ways, about an inch broad. Boil water and salt as above, then throw in your scate. Let your water boil quick, and about three minutes will boil it. Drain it, and send it to table hot, with butter and mustard in one cup, and butter and anchovy in the other.

To roast lobsters.

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

To make good brown gravy.

Take half a pint of small beer, or ale that is not bitter, and half a pint of water, an onion cut small, a little bit of
lemon

lemon peel cut small, three cloves, a blade of mace, some whole pepper, a spoonful of mushroom pickle, a spoonful of walnut-pickle, a spoonful of catchup and an anchovy; first put a piece of butter into a sauce pan, as big as a hen's egg; when it is melted shake in a little flour, and let it be a little brown; then by degrees stir in the above ingredients, and let it boil a quarter of an hour, then strain it, and it is fit for fish or roots.

Chardoons fried and buttered.

You must cut them about ten inches and string them; then tie them in bundles like asparagus, or cut them in small dice, boil them like peas, toss them up with pepper, salt, and melted butter.

To make a Scotch rabbit.

Toast a piece of bread very nicely on both sides, butter it, cut a slice of cheese a' out as big as the bread, toast it on both sides, and lay it on the bread.

To

To make a Welch rabbit.

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

To make an English rabbit.

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

To fry artichokes.

First blanch them in water, then flour them, fry them in fresh butter, lay them in your dish, and pour melted butter over them. Or you may put a little red wine into the butter, and season with nutmeg, pepper, and salt.

To make buttered loaves.

Beat up the yolks of twelve eggs, with half the whites, and a quarter of a pint of yeast, strain them into a dish, season with salt and beaten ginger, then

ke it into a high paste with flour, lay it in a warm cloth for a quarter of an hour ; then make it up into little loaves, and bake them or boil them with butter, and put in a glass of white wine. Sweeten well with sugar, lay the loaves in the dish, pour the sauce over them, and throw sugar over the dish.

To make potatoe cakes.

Take potatoes, boil them, peel them, beat them in a mortar, mix them with the yolks of eggs, a little sack, sugar, a little beaten mace, a little nutmeg, a little cream or melted butter, work it up into a paste ? then make it up into cakes in just what shape you please with moulds, fry them brown in fresh butter, ~~in~~ them in plates or dishes, melt some
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butter with sack and sugar, and pour over them.

A pudding made thus.

Mix it as before, make it up in the shape of a pudding, and bake it; pour butter, sack, and sugar over it.

To make an egg as big as twenty.

Part the yolks from the whites, strain them both seperate through a sieve, tie the yolks up in a bladder, in the form of a ball. Boil them hard, then put this ball into another bladder, and the wites round it; tie it up oval fashion, and boil it. These are used for grand fallads. This is very pretty for a ragoo, boil five or six yolks together, and lay in the middle of the ragoo of eggs: and so you may make them of any size you please.

To make a potatoe pudding.

Boil two pounds of potatoes, and beat them in a mortar fine, beat in half a pound of melted butter, boil it half

an hour, pour melted butter over it, with a glass of white wine or the juice of a Seville orange, and throw sugar all over the pudding and dish.

To make an almond pudding.

Blanch half a pound of sweet almonds, and four bitter ones, in warm water take them and pound them in a marble mortar, with two spoonfuls of orange-flower water, and two of rose water, gill of sack ; mix in four grated Naples biscuits, three quarters of a pound of melted butter ; beat eight eggs, and mix them with a quart of cream boiled, grate in half a nutmeg and a quarter of a pound of sugar ; mix all well together, make a thin puff paste and lay all over the dish, pour in the ingredients and bake it.

To make a millet pudding.

You must get half a pound of millet seed, and after it is washed and picked clean, put to it half a pound of sugar, a whole nutmeg grated, and

three quarts of milk. When you have mixed all well together, break in half a pound of fresh butter; butter your dish, pour it in and bake it.

To make an apple pudding.

Take twelve large pippins, pare them; and take out the cores, put them into a sauce-pan, with four or five spoonfuls of water. Boil them till they are soft and thick; then beat them well, stir in a quarter of a pound of butter, a pound of loaf sugar, the juice of three lemons, the peel of two lemons, cut thin and beat fine in a mortar. the yolks of eight eggs beat; mix all well together, bake it in a black oven; when it is near done, throw over a little fine sugar. You may bake it in a puff paste, as you do the other puddings.

To make a rice pudding.

Take a quarter of a pound of rice, put it into a sauce-pan, with a quart of new milk, a stick of cinnamon, stir it often to keep it from sticking to the sauce-

it into a pan, stir in a quarter of a pound of fresh butter, and sugar to your palate ; grate in half a nutmeg, add three or four spoonfuls of rose-water, and stir all well together ; when it is cold, beat up eight eggs with half the whites ; beat it well together, butter a dish and pour it in and bake it. You may lay a puff-paste first all over the dish ; for change, put in a few currants, and sweet meats, if you chuse it.

To make a batter pudding without eggs.

Take a quart of milk mix six spoonfuls of flour, with a little of the milk first, a tea-spoonful of salt, two tea spoon-fuls of beaten ginger, and two of the tincture of saffron ; then mix all together, and boil it an hour. You may add fruit as you think proper.

To make a bread pudding.

Cut off all the crust of a penny white loaf, and slice it thin into a quart of milk, set it over a chaffing dish of coals till the bread has soaked up all the milk

milk, then put in a piece of sweet butter, stir it round, let it stand till cold or you may boil your milk, and pour over your bread and cover it up close it does full as well then take the yolks of six eggs, the whites of three, and beat them up with a little rose-water ynd nutmeg, a little salt and sugar, if you chuse it. Mix all well together, and boil it half an hour.

To make a fine plain baked pudding.

You must take a quart of milk, and put three bay leaves into it. When it has boiled a little with fine flour, make it into a hasty pudding, with a little salt, pretty thick; take off the fire, and stir in half a pound of batter, a quarter of a pound of sugar beat up twelve eggs and half the whites stir all well together, lay a puff paste all over the dish and pour in your stuff. Half an hour will bake it.

A pretty little sauce.

Take the liver of the fowl, bruise it with a little of the liquor, cut a little
lemon

lemon-peel fine, melt some good butter, and mix the liver by degrees; give it a boil, and pour it into the dish.

To make an apricot pudding.

Coddle six large apricots very tender, break them very small, sweeten them to your taste. When they are cold, add six eggs, only two whites well beat; mix them well together with a pint of good cream, lay a puff-paste all over your dish and pour in your ingredients: Bake it half an hour, don't let the oven be too hot; when it is enough, throw a little fine sugar all over it, and send it to table hot.

To make a sweatmeat pudding.

Put a thin puff-paste all over your dish; then have candied orange, and lemon-peel, and citron, of each an ounce, slice them thin, and lay them all over the bottom of your dish; then beat eight yolks of eggs, and two whites, near half a pound of sugar, and half a pound of melted butter. Beat all well together.

together ; when the oven is ready, pour it on your swea meats. An hour or less will bake it. The oven must not be too hot.

To make a cheap rice-pudding.

Get a quarter of a pound of rice and half a pound of raisins stoned, and tie them in a cloth. Give the rice a great deal of room to swell. Boil it two hours : when it is enough, turn it into your dish, and pour melted butter and sugar over it, with little nutmeg.

To make a spoonful pudding.

Take a spoonful of flour, a spoonful of cream, or milk an egg, a little nutmeg, ginger, and salt ; mix all together, and boil it in a little wooden dish half an hour. You may add a few currants.

To make hard dumplings.

Rub into your flour first a good piece of butter, then make it like a crust for a pie ; take them up, and boil them as above.

To

To make a potato pie.

Boil three pounds of potatoes, peel them, make a good crust and lay in your dish, lay at the bottom half a pound of butter, then lay in your potatoes, throw over them three tea-spoonfuls of salt, and a small nutmeg grated all over, six eggs boiled hard and chopped fine, throw all over, a tea-spoonful of pepper strewed all over, then half a pint of white wine. Cover your pie and bake it half an hour, or till the crust is enough.

To make a cherry pie,

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

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

To make an eel pie.

Make a good crust, clean, gut, and wash your eels very well, then cut them in pieces half as long as your finger; season with pepper, salt, and a little beaten mace to your palate, either high or low. Fill your dish with eels, and put as much water as the dish will hold: put on your cover, and bake them well.

To pickle or bake herrings.

Scale and wash them clean, cut off their heads, take out the roes, or wash them clean, and put them in again, just as you like. Season them with a little mace, and cloves beat, a very little beaten pepper and salt, lay them in a deep pan, lay two or three bay leaves between each lay, then put in half vinegar and half water, or rape vinegar. Cover it close with a brown paper, and send it to the oven to bake; let it stand till cold, then pour off that pickle, and put fresh vinegar and water, and send them to the oven again to bake. Thus do sprats; but don't bake them

he second time. Some use only all-spice but that is not so good.

To souse mackrel.

You must wash them clean, gut them, and boil them in salt and water till they are enough ; take them out, lay them in a clean pan, cover them with the liquor, add a little vinegar; and when you send them to table, lay fennel over them.

To pot charrs.

After having cleansed them, cut off the fins, tails, and heads, then lay them in rows in a long baking pan; cover them with butter, and order them as above,

C H A P. X.

Directions for the S I C K.

I don't pretend to meddle here in the physical way, but a few directions for the

the cook, or nurse, I presume will not be improper, to make such a diet, &c. as the doctor shall order.

To make mutton-broth.

Take a pound of a loin of mutton take off the fat, put to it one quart of water, let it boil and skim it well; then put in a good piece of upper-crust of bread, and one large blade of mace. Cover it close, and let it boil slowly an hour; don't stir it, but pour the broth clear off. Season it with a little salt, and the mutton will be fit to eat. If you boil turnips, don't boil them in the broth, but by themselves in another sauce-pan.

To boil a sraig of veal.

Set on the sraig in a clean sauce-pan to each pound of veal put a quart of water, skim it very clean, then put in a good piece of upper crust, a blade of mace to each pound, and a little parsley tied with a thread. Cover it close; then

both broth and meat will be fit to eat.

To make beef or mutton broth for very weak people, who take but little nourishment.

Take a pound of beef or mutton, or both together, to a pound put two quarts of water; first skin the meat, and take off all the fat; then cut it into little pieces, and boil it till it comes to a quarter of a pint. Season it with a very little corn of salt, skim off all the fat, and give a spoonful of this broth at a time. To very weak people half a spoonful is enough, to some a tea-spoonful at a time, and to others a tea-cupful. There is greater nourishment from this than any thing else.

To make beef drink, which is ordered for weak people.

Take a pound of lean beef; then take off all the fat and skin, cut it into pieces, put it into a gallon of water, with the under crust of a penny loaf, and

very little falt. Let it boil till it comes to two quarts, then strain it off, and it is a very hearty drink.

To make pork broth.

Take two pounds of young pork then take off the skin and fat, boil it in a gallon of water, with a turnip and very little corn of falt. Let it boil till it comes to two quarts, then strain it off, and let it stand till cold. Take off the fat, then leave the settling at the bottom of the pan, and drink half a pint in the morning fasting, an hour before breakfast and at noon, if the stomach will bear it.

To mince veal or chicken for the sick, or weak people.

Mince a chicken or some veal very fine, taking off the skin; just boil as much water as will moisten it, and no more, with a very little falt, grate a very little nutmeg; then throw a little flour over it, and when the water boils, put in the meat. Keep shaking it a out

over the fire 2 minute; then have ready two or three very thin sippets toasted nice and brown, laid in the plate, and pour the mince meat over it.

To pull a chicken for the sick.

You must take as much cold chicken as you think proper, take off the skin; and pull the meat into little bits as thick as a quill; then take the bones, boil them with a little salt till they are good, strain it; then take a spoonful of the liquor, a spoonful of milk, a little bit of butter as big as a large nutmeg, rolled in flour, a little chopped parsley as much as will lie on a sixpence: and a little salt, if wanted. This will be enough for half a small chicken. Put all together into the saucepan; then keep shaking it till it is thick, and pour it into a hot plate.

To make chicken water.

Take a cock, or large fowl, slay it, then braise it with a hammer, and put it into a gallon of water, with a crust of bread. Let it boil half away; and strain it off.

To make white caudle.

You must take two quarts of water, mix in four spoonfuls of oatmeal, a blade or two of mace, a piece of lemon-peel, let it boil, and keep stirring it often. Let it boil about a quarter of an hour, and take care it does not boil over; then strain it through a coarse sieve. When you use it sweeten it to your palate, grate in a little nutmeg, and what wine is proper; and, if it is not for a sick person, squeeze in the juice of a lemon.

To make brown caudle.

Boil the gruel as above, with six spoonfuls of oatmeal, and strain it then add a quart of good ale, not bitter; boil it, then sweeten it to your palate, and add half a pint of white wine. When you don't put in white wine, let it be half ale.

To make water gruel.

You must take a pint of water, and a large spoonful of oatmeal; then stir it together, and let it boil up three or four,

times, stirring it often. Don't let it boil over, then strain it through a sieve, salt it to your palate, put in a good piece of fresh butter, brew it with a spoon till the butter is all melted, then it will be fine and smooth, and very good. Some love a little pepper in it.

To make panada.

You must take a quart of water in a nice clean sauce-pan, a blade of mace, a large piece of crumb of bread; let it boil two minutes, then take out the bread, and bruise it in a basin very fine. Mix as much water as will make it as thick as you would have; the rest pour away, and sweeten it to your palate. Put in a piece of butter as big as a walnut, don't put in any wise it spoils it; you may grate in a little nutmeg. This is hearty and good diet for sick people.

To boil sago.

Put a large spoonful of sago into three quarters of a pint of water, stir it, and boil it till it is as thick as you

would have it ; then put in wine and sugar, with a little nutmeg to your palate

To boil salup.

It is a hard stone ground to powder, and generally sold for one shilling an ounce: take a large tea-spoonful of the powder and put it into a pint of boiling water, keep stirring it till it is like a fine jelly ; then put wine and sugar to your palate, and lemon, if it will agree.

To make isinglass jelly.

Take a quart of water, one ounce of isinglass, half an ounce of cloves; boil them to a pint, then strain it upon a pound of loaf sugar, and, when cold, sweeten your tea with it. You may make the jelly as above, and leave out the cloves. Sweeten to your palate, and add a little wine. All other jellies you have in another chapter.

To make the pectoral drink.

Take a gallon of water, and half a pound of pearl-barley, boil it with a quarter of a pound of figs split, a penny

worth of liquorice sliced to pieces, a quarter of a pound of raisins of the sun stoned; boil all together till half is wasted, then strain it off. This is ordered in the measles, and several other disorders, for a drink.

To make feed water.

Take a spoonful of coriander seed, half a spoonful of carraway seed bruised and boiled in a pint of water; then strain it, and bruise \bar{w} with the yolk of an egg. Mix it with sack and double refined sugar according to your palate.

To make bread soup for the sick.

Take a quart of water, set it on the fire in a clean sauce-pan, and as much dry crust of bread cut to pieces as the top of a penny loaf, (the drier the better), a bit of butter as big as a walnut; let it boil, then beat it with a spoon, and keep boiling it till the bread and water is well mixed; then season it with a very little salt, and it is a pretty thing for a weak stomach.

To make artificial asses milk.

Take two ounces of pearl-barley, two large spoonfuls of hartshorn shavings, one ounce of eringo root, one ounce of china root, one ounce of preserved ginger, eighteen snails bruised with the shells to be boiled in three quarts of water, till it comes to three pints, then boil a pint of new milk, mix it with the rest, and put in two ounces of balsam of Tolu. Take half a pint in the morning and half a pint at night.

Cow's milk; next to asses milk, done thus.

Take a quart of milk, set it in a pan over night, the next morning take off all the cream, then boil it, and set it in the pan again till night, then skim it boil it, set it in the pan again, and the next morning skim it, warm it blood-warm, and drink it as you do asses milk. It is very near as good, with some contumptive people it is better.

To make a good drink.

Boil a quart of milk, and a quart of water, with the top crust of a penny loaf and one blade of mace, a quarter of an hour very softly, then pour it off, when you drink it let it be warm.

To make barley water.

Put a quarter of a pound of pearl-barley into two quarts of water, let it boil, skim it very clean, boil half away, and strain it off. Sweeten to your palate, but not too sweet, and put in two spoonfuls of white wine. Drink it luke-warm.

To make sage tea.

Take a little sage, a little baum, put it into a pan, slice a lemon, peel and all, a few knobs of sugar, one glass of white wine, pour on these two or three quarts of boiling water, cover it, and drink when dry. When you think it strong enough of the herbs, take them out, otherwise it will make it bitter.

C H A P. XII.

Of Hogs Puddings, Sausages, &c.

To make almond hogs puddings.

TAKE two pounds of beef-suet, or marrow shred very small, a pound and a half of almonds blanch'd, and beat very fine with rose-water, one pound of grated bread, a pound and a quarter of fine sugar, a little salt, half an ounce of mace, nutmeg, and cinnamon together, twelve yolks of eggs, four whites, a pint of sack, a pint and a half of thick cream, some rose or orange-flower water; boil the cream, tie the saffron in a bag, and dip in the cream to colour it. First beat your eggs very well, then stir in your almonds, then the spice, the salt, and suet, and mix all your ingredients together; fill your guts but half full, put some bits of citron in the guts as you fill them, tie them up, and boil them a quarter

To make hogs puddings with currants.

Take three pounds of grated bread to four pounds of beef-suet finely shred two pounds of currants clean picked and washed, cloves, mace, and cinnamon, of each a quarter of an ounce finely beaten, a little salt, a pound and a half of sugar, a pint of sack, a quart of cream, a little rose-water, twenty eggs well beaten, but half the whites; mix all well together, fill the guts half full, boil them a little, and prick them as they boil to keep them from breaking the guts. Take them up upon clean cloths, then lay them on your dish; or, when you use them, boil them a few minutes, or eat them cold.

To make black puddings.

First, before you kill your hog, get a peck of gruts, boil them half an hour in water, then drain them, and put them into a clean tub or large pan; then kill your hog, and save two quarts of the blood.

keep stirring it till the blood is quite cold; then mix it with your gruts, and stir them well together. Season with a large spoonful of salt, a quarter of an ounce of cloves, mace, and nutmeg together, an equal quantity of each; dry it, beat it well, and mix in. Take a little winter savoury, sweet margoram, and thyme, penny-royal striped off the stalks, and chopped very fine; just enough to season them, and to give them a flavour, but no more. The next day take the leaf of the hog, and cut into dice, scrape and wash the guts very clean, then tie one end, and begin to fill them; mix in the fat as you fill them, be sure to put in a good deal of fat, fill the skins three parts full, tie the other end, and make your puddings what length you please; prick them with a pin, and put them into a kettle of boiling water. Boil them very softly an hour; then take them out, and lay them on clean straw.

In Scotland they make a puddin

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with the blood of a goose. Chop off the head, and save the blood, stir it till it is cold, then mix it with gruts, spice, salt, and sweet herbs, according to their fancy, and some beef-suet chopped. Take the skin off the neck, then pull out the wind-pipe and fat, fill the skin, tie it at both ends, to make a pie of the giblets, and lay the pudding in the middle.

To make common sausagés.

Take three pounds of nice pork, fat and lean together, without skin or gristles, chop it as fine as possible, season it with a tea-spoonful of beaten pepper, and two of salt, some sage shred fine, about three tea-spoonfuls; mix it well together, have the guts very nicely cleaned, and fill them, or put them down in a pot, so roll them of what size you please, and fry them. Beef makes very good saudades.

CHAP.

C H A P. XIII.

To pot and make hams, &c.

To pot a cold tongue, beef, or venison
CUT it small, beat it well in a
marble mortar, with melted but-
ter, and two anchovies, till the mea-
is mellow and fine; then put it down
close in your pots, and cover it with
clarified butter. Thus you may do
cold wild fowl: or you may pot any
sort of cold fowl whole, seasoning them
with what spice you please.

To make sham brawn.

Foil two pair of neats feet tender,
take a piece of pork of the thick
flank, and boil it almost enough, then
pick off the flesh of the feet, and roll
it up in the pork tight, like a collar
of brawn, then take a strong cloth
and some coarse tape, roll it tight round
with the tape, then tie it up in a cloth.

and boilit till a straw will run through it ; then take it up, and hang it up in a cloth till it is quite cold ; then put it into some fousing liquor, and use it at your own pleasure.

A pickle for pork which is to be eat soon.

You must take two gallons of pump water, one pound of bay salt, one pound of coarse sugar, six ounces of salt-petre ; boil it all together, and skim it when cold. Cut the pork in what pieces you please, lay it down close, and pour the liquor over it. Lay a weight on it to keep it close, and cover it close from the air, and it will be fit to use in a week. If you find the pickle begins to spoil, boil it again, and skim it ; when it is cold, pour it on your pork again.

To make veal hams.

Cut the leg of veal like a ham, then take a pint of bay salt, two ounces of salt-petre, and a pound of common salt
mix

mix them together, with an ounce of juniper berries beat; rub the ham well, and lay it in an hollow tray, with the skinny side downwards. Baste it every day with the pickle for a fortnight and then hang it in wood smoke for a fortnight. You may boil it, or parboil it and roast it. In this pickle you may do two or three tongues, or a piece of pork.

To make mutton hams.

You must take a hind quarter of mutton, cut it like ham, take one ounce of saltpetre, a pound of coarse sugar, a pound of common salt; mix them, and rub your ham, lay it in a hollow tray with the skin downwards, baste it every day for a fortnight, then roll it in saw dust, and hang it in the wood smoke a fortnight; then boil it, and hang it in a dry place, and cut it out in rashers. It does not eat well boiled, but eats finely broiled.

C H A P. XIV.

Of PICKLING.

To pickle walnuts black.

YOU must take large full grown nuts, at their full growth before they are hard, lay them in salt and water ; let them lie two days then shift them into fresh water ; let them lie two days longer, then shift them again, and let them lie three days ; then take them out of the water, and put them into your pickling pot. When the pot is half full, put in a large onion stuck with cloves. To a hundred of walnuts put in half a pint of mustard seed, a quarter of an ounce of mace, half an ounce of black pepper, half an ounce of all-spice, six bay leaves, and a stick of horte raddish ; then fill your pot, and pour boiling vinegar over them. Cover them with a plate, and when they

they are cold tie them down with a bladder and leather, and they will be fit to eat in two or three months. The next year if any remains boil up your vinegar again and skim it; when cold pour it over your walnuts.. This is by much the best pickle for use; therefore you may add more vinegar to it, what quantity you please. If you pickle a great many walnuts, and eat them fast make your pickle for a hundred or two the rest keep in a strong brine of salt and water, boiled till it will bear an egg and as your pot empties, fill them up with those in the salt and water. Take care they are covered with pickle.

In the same manner you may do a smaller quantity; but if you can get rape vinegar, use that instead of salt and water. Do them thus: put your walnuts into the pot you intend to pickle them in, throw in a good handful of salt, and fill the pot with rape vinegar. Cover it close, and let them stand a fortnight; then pour them out of the pot, wipe it clean

clean

clean, and juſt rub the nuts with a coarſe cloth, and then put them in the jar with the pickle, as above. If you have the beſt ſugar vinegar of your own making, you need not boil it the firſt year, but pour it on cold: and the next year if any remains, boil it up again, ſkim it, put freſh ſpice to it, and it will do again.

To pickle large cucumbers, in ſlices.

Take the large cucumbers before they are too ripe, ſlice them the thickneſs of crown pieces in a pewter diſh; to every dozen of cucumbers ſlice two large onions thin, and ſo on till you have filled your diſh, with a handful of ſalt between every row: then cover them with another pewter diſh, and let them ſtand twenty four hours, then put them in a cullender, and let them drain very well; put them in a jar, cover them over with white wine vinegar and let them ſtand four hours; pour the vinegar from them into a copper ſaucepan, and boil it with a little ſalt, put to
the

the cucumbers a little mace, a little whole pepper, a large race of ginger sliced, and then pour the boiling vinegar on. Cover them close, and when they are cold, tie them down. They will be fit to eat in two or three days.

To pickle French beans.

Pickle your beans as you do the gerkins.

To pickle cauliflowers.

Take the largest and finest you can get, cut them in little pieces, or more properly pull them into little pieces, pick the small leaves, that grow in the flowers, clean from them; then have a broad stew-pan on the fire with spring water, and when it boils, put in your flowers, with a good handful of white salt, and just let them boil up very quick be sure you don't let them boil above one minute; then take them out with a broad slice, lay them on a cloth and cover them with another, and let them lie till they are quite cold. Then put them

them in wile mowh bottles, with two or three blades of mace in each bottle, and a nutmeg sliced thin, then fill up your bottles with distilled vinegar, cover them over with mutton fat, over that a bladder, and then a leather. Let them stand a month before you open them.

If you find the pickle taste sweet, as may be it will, put off the vinegar, and put fresh in ; the spice will do again. In a fortnight they will be fit to eat. Observe to throw them out of the boiling water into cold, and then dry them.

To pickle beet root.

Set a pot of spring water on the fire when it boils, put in your beets, and let them boil till they are tender ; then peel them with a cloth, and lay them in a stone jar ; take three quarts of vinegar, two of spring water, and so do till you think you have enough to cover your beet . Put your vinegar and water in a pan, and salt to your taste ; stir it

it well together till the salt is all melted, then pour them on the beets, and cover it with a bladder; do not boil the pickle.

To pickle white plumbs.

Take the large white plumbs! and if they have stalks, let them remain on and do them as you do your peaches.

To pickle nectarines and apricots.

They are done the same way as the peaches. All these strong pickles will waste with keeping; therefore you must fill them up with cold vinegar.

To pickle onions.

Take your onions when they are dry enough to lay up in your house, such as are about as big as a large walnut; or you may do some as small as you please. Take off only the outward dry coat, then boil them in one water, without shifting, till they begin to grow tender; then drain them through a cullender, and let them cool; as soon as they are quite cold, slip off two outward coats or skins, slip them till they
look

look white from each other, rub them gently with a fine soft linnen cloth, and lay them on a cloth to cool. When this is done, put them into wide mouth'd glasses, with about six or eight bay leaves. To a quart of onions a quarter of an ounce of mace, two large pieces of ginger sliced, all these ingredients must be interspersed here and there in the glasses among the onions; then boil to each quart of vinegar two ounces of bay salt, skim it well as the scum rises, and let it stand till it is cold: then pour it into the glass, cover it close with a wet bladder dipped in vinegar, and tie them down. This will eat well, and look white. As the pickle wastes, fill them with cold vinegar.

To pickle mushrooms white.

Take small buttons, cut and prime them at the bottom, wash them with a bit of flannel through two or three waters, then set them on the fire in a stew pan with spring water, and a small handful of salt: when it boils, pour your
mushrooms

mushrooms in. Let it boil three or four minutes, then throw them into a cullender, lay them on a linen cloth quick, and cover them with another

To make pickle for mushrooms.

Take a gallon of the best vinegar, put it into a cold still: to every gallon of vinegar put half a pound of bay salt, a quarter of a pound of mace, a quarter of an ounce of cloves, a nutmeg cut into quarters; keep the top of the still covered with a wet cloth. As the cloth dries, put on a wet one; don't let the fire be too large, lest you burn the bottom of the still. Draw it as long as you taste the acid, and no longer. When you fill your bottles, put in your mushrooms here and there put in a few blades of mace, and a slice of nutmeg; then fill the bottle with pickle, and melt some mutton fat, strain it, and pour over it. It will keep them better than oil.

You must put your nutmeg over the fire in a little vinegar, and give it a boil. While it is hot, you may slice it as you

please. When it is cold, it will not cut; for it will crack to pieces.

Note, In the nineteenth chapter at the end of the receipt for making vinegar, you will see the best way of pickling mushrooms, only they will not be so white.

To pickle codlings.

When you have greened them as you do your pippins, and they are quite cold, with a small scoop very carefully take off the eye as whole as you can, scoop out the core, put in a clove of garlic, fill it up with mustard seed, lay on the eye again, and put them in your glasses, with the eye uppermost. Put the same pickle as you do to the pippins, and tie them down close.

To pickle red currants.

They are done the same way as barberries.

To pickle fennel.

Set spring water on the fire, with a handful of salt; when it boils, tie your
fennel

fennel in bunches, and put them into the water, just give them a scald, lay them on a cloth to dry; when cold, put in a glass, with a little mace and nutmeg, fill it with cold vinegar, lay a bit of green fennel on the top, and over that a bladder and leather.

To pickle red cabbage.

Slice the cabbage thin, put to it vinegar and salt, and an ounce of all-spice cold; cover it close, and keep it for use. It is a pickle of little use but for garnishing of dishes, sallads, and pickles, though some people are fond of it.

To pickle stertion buds and limes; you pick them off the lime trees in the summer.

Take new stertion seeds or limes, pickle them when large, have ready vinegar, with what spice you please, throw them in, and stop the bottle close.

To pickle young suckers, or young artichokes, before the leaves are hard.

Take young suckers, pare them very nicely, all the hard ends of the leaves and stalks, just scald them in salt and water and when they are cold put them into little glass bottles, with two or three large blades of mace and a nutmeg sliced thin, fill them either with distilled vinegar, or the sugar vinegar of your own making, with half spring water.

C H A P. XV.

Of making Cakes &c.

To make a pound cake.

TAKE a pound of butter, beat it in an earthen pan with your hand one way, till it is like a fine thick cream, then have ready twelve eggs, but halve the whites; beat them well, and beat them

the m up with the butter, a pound flour beat in it, a pound of sugar, and few carraways. Beat it all well together for an hour with your hand, or a great wooden spoon, butter a pan and put it in, and then bake it an hour in a quick oven.

For change you may put in a pound of currants, clean washed and picked.

To make a cheap seed cake.

You must take half a peck of flour, a pound and a half of butter, put it in a sauce pan with a pint of new milk, set it on the fire; take a pound of sugar, half an ounce of all spice beat fine, and mix them with the flour. When the butter is melted, pour the milk and butter in the middle of the flour, and work it up like paste. Pour in with the milk half a pint of good ale yeast, set it before the fire to rise, just before it goes to the oven. Either put in some currants or carraway seeds, and bake it in a quick oven. Make it into two cakes. To be will take an hour and a half bakin.

To make a butter cake.

You must take a dish of butter, and beat it like cream with your hands, two pounds of fine sugar well beat, three pounds of flour well dried, and mix them in with the butter, twenty four eggs, leave out half the whites, and then beat all together for an hour. Just as you are going to put it into the oven, put in a quarter of an ounce of mace, a nutmeg beat, a little sack or brandy, and seeds or currants, just as you please.

To make gingerbread cakes.

Take three pounds of flour, one pound of sugar, one pound of butter rubbed in very fine, two ounces of ginger beat fine, a large nutmeg grated; then take pound of treacle, a quarter of a pint of cream, make them warm together, and make up the bread stiff; roll it out and make it up into thin cakes, cut them out with a tea cup, or small glass, or roll them round like nuts, and bake them on tin plates in a slack oven.

To

To make pepper cakes.

Take half a gill of sack, half a quarter of an ounce of whole white pepper, put it in, and boil it together, a quarter of an hour, then take the pepper out, and put in as much double refined sugar as will make it like a paste, then drop it in what shape you please on plates, and let it dry itself.

To make ginger bread.

Take three quarters of fine flour, two ounces of beaten ginger, a quarter of an ounce of nutmeg, cloves and mace, beat fine, but most of the last; mix all together, three quarters of a pound of fine sugar, two pounds of treacle, set it over the fire, but don't let it boil three quarters of a pound of butter melted in the treacle, and some candied lemon and orange-peel cut fine, mix all these together well. An hour will bake it in a quick oven.

To make little fine cakes.

One pound of butter beaten to cream,
of

of fine sugar beat fine, a pound of currants clean washed and picked, six eggs, two whites left out, beat them fine mix the flour sugar and eggs, by degrees into the batter, beat it all well with both hands, either make it into little cakes, or bake it in one.

To make common biscuits.

Beat up six eggs, with a spoonful of rose-water and a spoonful of sac, then add a pound of fine powdered sugar, and a pound of flour; mix them into the eggs by degrees, and an ounce of coriander seeds, mix all well together, shape them on white thin paper, or tin moulds, in any form you please. Beat the white of an egg, with a feather rub them over, and dust fine sugar over them. Set them in an oven moderately heated, till they rise and come to a good colour; take them out, and when you have done with the oven, if you have no stove to dry them in, put them in the oven again, and let them stand all night to dry.

To

To make shrewsbury cakes.

Take two pounds of flour, a pound of sugar finely seached, mix them together, (take out a quarter of a pound to roll them in), take four eggs beat, four spoonfuls of cream, and two spoonfuls of rose-water, beat them well together, and mix them with the flour into a paste, roll them into thin cakes, and bake them in a quick oven.

To make light wigs.

Take a pound and a half of flour and half a pint of milk made warm, mix these together, cover it up, and let it lie by the fire half an hour: then take half a pound of sugar, and half a pound of butter, then work these into a paste, and make it into wigs, with as little flour as possible. Let the oven be pretty quick, and they will rise very much. Mind to mix a quarter of a pint of good ale yeast in milk.

To make buns.

Take two pounds of fine flour, a pint of good ale-yeast, put a little salt in

in the yeast, and three eggs beaten, knead all these together with a little warm milk, a little nutmeg, and a little salt, and lay it before the fire till it rises very light, then knead in a pound of fresh butter, a pound of rough caraway comfits, and bake them in a quick oven, in what shape you please, on floured paper.

CHAP. XVI.

Of cheese-cakes, creams, jellies, whipt-syllabubs, &c.

To make lemon cheese-cakes.

TAKE the peel of two large lemons, boil it very tender, then pound it well in a mortar, with a quarter of a pound of loaf sugar, the yolks of six eggs and half a pound of fresh butter; pound and mix all well together, lay a puff paste in your patty pans, fill them
half.

half full, and bake them. Orange cheese-cakes are done the same way, only you boil the peel in two or three waters to take out the bitterness.

To make fairy butter.

Take the yolks of two hard eggs, and beat them in a marble mortar, with a large spoonful of orange-flower water, and two tea-spoonfuls of fine sugar beat to powder, beat this all together till it is a fine paste, then mix it up with about as much fresh butter out of the churn, and force it through a fine strainer full of little holes into a plate. This is a pretty thing to set off a table at supper.

To make almond custards.

Take a pint of cream, blanch and beat a quarter of a pound of almonds fine, with two spoonfuls of rose water. Sweeten it to your palate; beat up the yolks of four eggs, stir all together one way over the fire till it is thick, then pour it out into cups. Or you may bake it in little china cups.

To make baked custards.

One pint of cream boiled with mace and cinnamon ; when cold take four eggs, two whites left out, a little rose and orange-flower water and sack, nutmeg and sugar to your palate ; mix them well together, and bake them in china cups.

To make plain custards.

Take a quart of new mil, sweeten it to your taste, grate in a little nutmeg, beat up eight eggs, leave out half the whites, beat them up well; stir them into the milk, and bake it in china basons or put them in a deep china dish ; have a kettle of water boiling, set the cup in, let the water come above half way, but do not let it boil too fast for fear of its getting into the cups. You may add a little rose water.

To make orange butter.

Take the yolks of ten eggs beat very well. half a pint of Rhenish, six ounces of sugar, and the juice of three
sweet

sweet oranges ; set them over a gentle fire, stirring them one way till it is thick. When you take it off, stir in a piece of butter as big as a large walnut.

To make a fine cream.

Take a pint of cream, sweeten it to your palate, grate a little nutmeg, put in a spoonful of orange-flower water and rose water, and two spoonfuls of sack, beat up four eggs, but two whites; stir it all together one way over the fire till it is thick, have cups ready, and pour it in.

To make whipt syllabubs.

Take a quart of thick cream, and half a pint of sack, the juice of two Seville oranges or lemons, grate in the peel of two lemons, half a pound of double refined sugar, pour it into a broad earthen pan, and whisk it well; but first sweeten some red wine or sack, and fill your glasses as full as you chuse, then as the froth rises take it off with a

spoon, and lay it carefully into your glasses till they are as full as they will hold. Don't make these long before you use them. Many use cyder sweetened, or any wine you please, or lemon or orange whey made thus; squeeze the juice of a lemon or orange into a quarter of a pint of milk, when the curd is hard, pour the whey clear off, and sweeten it to your palate. You may colour some with the juice of spinnage, some with saffron, and some with cochineal, just as you fancy.

To make a trifle.

Cover the bottom of your dish or bowl with Naples biscuits broke in pieces, mackerons broke in halves and ratafia cakes. Just wet them all through with sack, then make a good boiled custard not too thick, and when cold pour it over it, then put a syllabub over that. You may garnish it with ratafia cakes, currant gelly, and flowers

To make calves feet gelly.

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

To make currant jelly.

Strip the currants from the stalks, put them in a stone jar, stop it close, set it

in a kettle of boiling water half way the jar, let it boil half an hour, take it out, and strain the juice through a coarse hair sieve; to a pint of juice put a pound of sugar, set it over a fine quick clear fire in your preserving pan or bell metal skillet; keep stirring it all the time till the sugar is melted. then skim the scum off as fast as it rises. When your gelly is very clear and fine, pour it into gailipo's, when cold, cut paper just the bignets of the top of the pot and lay on the gelly, dip those papers in brandy, then cover the top close with white paper, and prick it full of holes: set it in a dry place, put some into glasses, and paper them.

C H A P. XVII.

Of made Wines, Brewing, French Bread, &c.

To make raisin wine.

TAKE two hundred of raisins, stalks and all, and put them into a large hoghead

hoghead, fill it up with water, let them steep a fortnight, stirring them every day ; then pour off all the liquor, and dress the raisins. Put both liquors together in a nice clean vessel that will just hold it ; for it must be full ; let it stand till it has done hissing, or making the least noise, then stop it close, and let it stand six months. Peg it, and, if you find it quite clear, rack it off into another vessel ; stop it close, and let it stand three months longer ; then bottle it, and when you use it, rack it off into a decanter.

To make elder wine.

Pick the elder berries when full ripe, put them into a stone jar, and set them in the oven, or a kettle of boiling water till the jar is hot through ; then take them out, and strain them through a coarse cloth, wringing the berries, and put the juice into a clean kettle: to every quart of juice put a pound of fine Lisbon sugar, let it boil, and skim it well. When it is clear and fine, pour

it into a jar; when cold, cover it close, and keep it till you make raisin wine; then, when you tun your wine, to every gallon of wine put half a pint of the elder syrup.

To make currant wine.

Gather your currants on a fine dry day, when the fruit is full ripe, strip them, put them in a large pan, and bruise them with a wooden pestle till they are all bruised. Let them stand in a pan or tub twenty four hours to ferment; then run it through a hair sieve, and don't let your hand touch your liquor, To every gallon of this liquor put two pounds and a half of white sugar, stir it well together, and put it into your vessel. To every six gallons put in a quart of brandy, and let it stand six weeks. If it is fine bottle it; if it is not, draw it off, as clear as you can, into another vessel, or large bottles, and in a fortnight bottle it in small bottles.

To

To make cherry wine.

Pull your cherries, when full ripe, off the stalks, and press them through a hair sieve. To every gallon of liquor put two pounds of lump sugar beat fine, stir it together, and put it into a vessel. It must be full: when it has done working and making any noise, stop it close for three months and bottle it off.

To make raspberry wine.

Take some fine raspberries, bruise them with the back of a spoon, then strain them through a flannel bag into a stone jar. To each quart of juice put a pound of double refined sugar, stir it well together, and cover it close; let it stand three days, then pour it off clear. To a quart of juice put two quarts of white wine, bottle it off; it will be fit to drink in a week. Brandy made thus is a very fine dram, and a much better way than steeping the raspberries.

Rules for Brewing.

Care must be taken in the first place to have the malt clean; and, after it is
ground,

ground, it ought to stand four or five days.

For strong O²o' er, five quarters of malt to three hogheads, and twenty-four pounds of hops. This will afterwards make two hogheads of good keeping small beer, allowing five pounds of hops to it.

For good middling beer a quarter of malt makes hoghead of ale, and one of small beer; or it will make three hogheads of good small beer, allowing eight pounds of hops. This will keep all the year; or it will make twenty gallons of strong ale, and two hogheads of small beer, that will keep all the year.

If you intend your ale to keep a great while, allow a pound of hops to every bushel; if to keep six months, five pounds to a hoghead; if for present drinking three pounds to a hoghead, and the softest and clearest water you can get;

Observe the day before to have all your vessels very clean, and never use

your tubs for any other use except to make wines.

Let your casks be very clean the day before with boiling water; and, if your bung is big enough, scrub them well with a little birch broom or brush; but, if they be very bad, take out the heads and let them be scrubbed clean with a hand brush, and sand, and fuller's earth. Put on the head again, and scald them well, throw into the barrel a piece of unslacked lime, and stop the bung close.

The first copper of water, when it boils, pour into your mash tub, and let it cool enough to see your face in: then put in your malt, and let it be well mashed, have a copper of water boiling in the mean time, and when your malt is well mashed, fill your mashing tub, stir it well again, and cover it over with the sacks. Let it stand three hours, then set a broad shallow tub under the cock, let it run very softly, and, if it is thick, throw it again till it runs fine, then throw a handful

of hops in the under tub, and let the mash run into it, and fill your tubs till all is run off. Have water boiling in the copper, and lay as much more on as you have occasion for, allowing one third for boiling and waste. Let that stand one hour boiling more water to fill the mash-tub for small beer; let the fire down a little, and put it into tubs enough to fill your mash. Let the second mash be run off, and fill your copper with the first wort; put in part of your hops, and make it boil quick. About an hour is long enough; when it is half-boiled, throw in a handful of salt. Have a clean white wand, and dip it into the copper, and, if the wort feels clammy, it is boiled enough; then slacken your fire, and take off your wort. Have ready a large tub, put two sticks across, and set your straining basket over the tub on the sticks and strain your wort through it. Put your other wort on to boil with the rest of the hops; let your mash be still covered

covered again with water, and thin your wort that is cooled in as many things as you can ; for the thinner it lies, and the quicker it cools, the better. When quite cool, put it into the tunning-tub. Mind to throw a handful of salt into every boil. When the mash has stood an hour, draw it off, then fill your mash with cold water ; take off the wort in the copper, and order it as before. When cool add to it the first in the tub so soon as you empty one copper, fill the other, so boil your small beer well. Let the last mash run off, and when both are boiled with fresh hops, order them as the two first boilings ; when cool, empty the mash-tub, and put the small-beer to work there. When cool enough, work it, set a wooden bowl full of yeast in the beer, and it will work over with a little of the beer in the boil. Stir your tun up every twelve hours, let it stand two days, then tun it, taking off the yeast. Fill your vessels full, and save some to fill
you

your barrels ; let it stand till it has done working, then lay on your bung lightly for a fortnight, after that stop it as close as you can. Mind you have a vent-peg at the top of the vessel ; in warm weather open it, and if your drink hisses as it often will, loosen it till it has done, then stop it close again. If you can, boil your ale in one boiling, it is best, if your copper will allow of it ; if not, boil it as conveniency serves. The strength of your beer must be according to the malt you allow, more or less, ther is no certain rule.

When you come to draw your beer and find it is not fine, draw off a gallon, and set it on the fire, with two ounces of isinglass cut small, and beat. Dissolve it in the beer over the fire ; when it is all melted, let it stand till it is cold, and pour it in at the bung, which must lie loose on till it has done fomenting, then stop it close for a month.

Take great care your casks are not musty, or have any ill taste ; if they
have

have it is the hardest thing in the world to sweeten them.

You are to wash your casks with cold water before you scald them. and they should lie a day or two soaking, and clean them well, then scald them.

The best thing for rope.

Mix two handfuls of bean-flour, and one handful of salt, throw this into a kilderkin of beer, don't stop it close till it has done fermenting, then let it stand a month, and draw it off; but sometimes nothing will do with it.

When a barrel of beer has turned sour.

To a kilderkin of beer throw in at the bung a quart of oatmeal, lay the bung on loose two or three days, then stop it down close, and let it stand a month. Some throw in a piece of chalk as big as a turkey's egg; and, when it has done working, stop it close for a month, then tap it.

To make white bread after the
London way.

You must take a bushel of the finest flour well dressed, put it in the kneading-trough at one end, ready to mix, take a gallon of water, (which we call liquor), and some yeast; stir it into the liquor till it looks of a good brown colour, and begins to curdle; strain it and mix it with your flour till it is about the thickness of a good seed cake; then cover it with the lid of the trough, and let it stand three hours, and as soon as you see it begin to fall, take a gallon more of liquor, and weigh three quarters of a pound of salt, and with your hand mix it well with the water: strain it, and with this liquor make your dough of moderate thickness, fit to make up in to loaves: then cover it again with the lid, and let it stand three hours more. In the mean time put the wood into the oven, and heat it. It will take two hours heating. When your sponge has stood its proper time, clear the oven, and
beg

begin to make your bread. Set it in the oven, and close it up, and three hours will just bak it. When once it is in, you must not open the oven till the bread is baked, and observe in summer that your water be milk warm, and in winter as hot as you can bear your finger in.

Note, as to the exact quantity of liquor your dough will take, experience will teach you in two or three times making for all flour does not want the same quantity of liquor; and, if you mak any quantity it will raise up the lid, and run over, when it has stood its time.

To make French bread.

Take three quart's of water, and one of milk; in winter scalding hot, in summer a little more than milk warm. Season it well with salt, then take a pint and a half of good ale yeast not bitter, lay in a gallon of water the night before pour it off the water, stir in your yeast into the milk and water, then with

Your hand break in a little more than a quarter of a pound of butter, work it well till it is dissolved, then beat up two eggs in a basin, and stir them in, have about a peck and a half of flour, mix it with your liquor ; in winter make your dough pretty stiff, in summer more slack so that you may use a little more or less flour, according to the stiffness of your dough ; mix it well ; but the less you work the better. Make it in 6 rolls, and have a very quick oven, but not to burn. When they have lain about a quarter of an hour, turn them on the other side, let them lie about a quarter longer, take them out, and scrape all your French bread with a knife, which is better than rasping it, and makes it look spongy, and of a fine yellow, whereas the rasping takes off all that fine colour, and makes it look smooth. You must stir your liquor into the flour as you do for piecrust. After your dough is made, cover it with a cloth, and let it lye to rise while the oven is heating.

To make muffins and oat cakes.

To a bushel of Hertfordshire white flour, take a pint and a half of good ale yeast, from pale malt if you can get it, because it is the whitest; let the yeast lie in water all night, the next day pour off the water clear, take two gallons of water, just milk warm, not to scald your yeast, and two ounces of salt; mix your water, yeast, and salt well together for about a quarter of an hour; then strain it, and mix up your dough as light as possible, and let it lie in your trough an hour to rise, then with your hand roll it, and pull it into little pieces about as big as a large walnut, roll them with your hand like a ball, lay them on your table, and as fast as you do them lay a piece of flannel over them, be sure to keep your dough covered with flannel; when you have rolled out all your dough, begin to bake the first, and by that time they will be spread out in the right form; lay them on your iron, as one side begins to change colour, turn the
other

other, and take great care they don't burn, or be too much discoloured, but that you will be a judge of in two or three makings. Take care the middle of the iron is not too hot, as it will be, but then you may put a brickbat or two in the middle of the fire to slacken the heat. The thing you bake on must be made thus :

Build a place just as if you was going to set a copper, and, in the stead of a copper, a piece of iron all over the top, fixed in form just the same as the bottom of an iron pot, and make your fire underneath with coal as in a copper. Observe, muffins are made the same way ; only this, when you pull them to pieces, roll them in a good deal of flour, and with a rolling pin roll them thin, cover them with a piece of flannel, and they will rise to a proper thickness ; and, if you find them too big or too little, you must roll dough accordingly. These must not be the least discoloured.

When.

When you eat them, toast them with a fork crisp on both sides, then with your hand pull them open, and they will be like a honeycomb; lay in as much butter as you intend to use, then clap them together again, and set it by the fire. When you think the butter is melted, turn them, that both sides may be buttered alike, but don't touch them with a knife either to spread or cut them open; if you do, they will be as heavy as lead: only when they are quite buttered and done, you may cut them cross with a knife.

Note, Some flour will soak up a quart or three pints more water than other flour; then you must add more water, or shake in more flour in making up; for the dough must be as light as possible.

C H A P. XVIII.

To preserve cherries with the leaves and stalks green.

FIRST, dip the stalks and leaves in the best vinegar boiling hot stick the spriggs upright in a sieve till they

are dry; in the mean time boil some double refined sugar to syrup, and dip the cherries stalks and leaves in the syrup, and just let them scald; lay them on a sieve, and boil the sugar to a candy height, then dip the cherries, stalks, leaves and all, then stick the branches in sieves, and dry them as you do other sweetmeats. They look very pretty at candle light in a desert.

To make conserve of red roses, or any other flowers..

Take rose buds or any other flowers and pick them, cut off the white part from the red, and put the red flowers and sift them through a sieve to take out the seeds; then weigh them, and to every pound of flowers take two pounds and a half of loaf sugar; beat the flowers pretty fine in a stone mortar, then by degrees put the sugar to them, and beat it very well till it is well incorporated together; then put it into gallipots, tie it over with paper, over that a leather, and it will keep seven year..

To make syrup of roses.

Infuse three pounds of damask roses

leaves in a gallon of warm water, in a well glazed earthen pot, with a narrow mouth, for eight hours, which stop so close, that none of the virtue may exhale. When they have infused so long heat the water again, squeeze them out and put in three pounds more of rose-leaves, to infuse for eight hours more, then press them out very hard; then to every quart of this infusion add four pounds of fine sugar, and boil it to a

To make syrup of citron.

Pare and slice your citrons thin, lay them in a bason, with layers of fine sugar. The next day pour off the liquor into a glass, skim it, and clarify it over a gentle fire.

To preserve damsons whole.

You must take some damsons and cut them in pieces, put them in a skillet over the fire, with as much water as will cover them. When they are boiled, and the liquor pretty strong, strain it out: add, for every pound of the whole damsons wiped clean, a pound of single refined sugar, put the third part of your

sugar into the liquor, set it over the fire, and when it simmers, put in the damsons. Let them have one good boil, and take them off for half an hour covered up close; then set them on again and let them simmer over the fire after turning them, then take them out and put them in a bason strew all the sugar that was left on them, and pour the hot liquor over them. Cover them up, and let them stand till the next day, then boil them up again till they are enough. Take them up, and put them in pots; boil the liquor till it gellies, and pour it on them when it is almost cold, so paper them up.

To make Anchovies.

TO a peck of sprats, two pounds of common salt, a quarter of a pound of bay salt, four pounds of saltpetre, two ounces of sal prunell, two penny-worth of cochineal; pound all in a mortar, put them into a stone pot, a row of sprats, a layer of your compound, and so on to the top alternately. Press them hard down, cover them close,

Let them stand six months, and they will be fit for use. Observe that your sprats be very fresh, and don't wash nor wipe them, but just take them as they come out of the water.

To make catchup.

Take the large flaps of mushrooms, pick nothing but the strows and dirt from it, then lay them in a broad earthen pan, strew a good deal of salt over them, let them lie till next morning, then with your hand break them, put them into a stew-pan, let them boil a minute or two, then strain them through a coarse cloth and wring it hard. Take out all the juice, let it stand to settle, then pour it off clean run it through a thick flannel bag, some filter it through brown paper, but, (that is a very tedious way), then boil it; to a quart of the liquor put a quarter of an ounce of whole ginger, and half a quarter of an ounce of whole pepper. Boil it briskly a quarter of an hour, then strain it, and when it is cold, put it into pint bottles. In each bottle put four or five blades of mace, and six

cloves, cork it right, and it will keep two years. This gives the flavour of the mushrooms to any sauce. If you put to a pint of this catchup a pint of mum, it will taste like foreign catchup.

To keep walnuts all the year.

Take a large jar, a layer of sea-sand at the bottom, then a layer of walnuts, then sand, then the nuts, and so on till the jar is full, and be sure they don't touch each other in any of the layers. When you would use them, lay them in warm water for an hour, shift the water as it cools; then rub them dry and they will peel well, and eat sweet. Lemons will keep, thus covered, better than any other way.

To roast a pound of butter,

Lay it in salt and water two or three hours, then spit it, and rub it all over with crumbs of bread, with a little grated nutmeg, lay it to the fire, and, as it roasts, taste it with the yolks of two eggs, and then with crumbs of bread all the time it is a roasting; but have ready a pint of oysters stewed in their own liquor and lay in the dish under the butter; the bread has soaked up all the butter; brown the outside, and lay it on your oysters.

Every Man his own Doctor,
 shewing the Nature of the
 different Foods we eat, where-
 by every Man and Woman
 may know what is good or
 hurtful to them.

I know that people of all qualities do
 commonly feed upon what comes o
 table, be it what it will, witout
 considering the nature and qualities of
 any thing, or agreement, or disagreement
 to their constitutions, so it do but please
 the palate, by wich means divers ave
 and do digg their graves with their ce
 to prevent which I thin it very necessary
 that every one should understand the
 nature and property of his daily food

And therefore I will first begin wit
 flesh meat, and for your first dish, and
 generally approved.

Beef.

Beef the best of which, is English bred
 and fed, but there is great difference in
 this sort of meat, as well as others, it is
 hard

hard of concoction, thick flesh, it doth not easily pass through the veins, it doth not parturitate of viscidities or sliminess, the frequent use thereof causeth dry and melancholy humours, without exercise, and labour of body, especially if it be old cow beef, or ox beef, that with labour and much working hath contracted dryness and hardness of flesh or is hardened with salt and smoke. But above all meats it is most profitable for laborious people being not easily passed away, and gives much strength where it is concocted by labour.

Veal.

Veal is temperate and tender, though something waterish, if thoroughly roasted affords a good juice, of a pleasant taste, and yields a thicker juice than lamb, or mutton.

Mutton.

The best mutton is weather the younger is the best meat, and is easily concocted and generates good blood, and agrees both with those that are well and also with those that are sick.---But ewe mutton is evil both by default of the temperature and by frequenting of copulation and bringing

forth young, therefore the flesh of ewes is evil and dull and viscid juice is bred thereof.

Lamb,

A lamb before it be a year old hath moist flesh, slimy and viscid, but when it is a year old, it is very good nourishment, consisting of good and plentiful juice, and indifferent lasting, and easy of concoction, but with those that are exercised with strong labour it is easily digested, and not very solid aliment is made thereby.

Bacon or Pork,

Swines flesh nourisheth very plentifully and yields firm nutriment, and therefore is most profitable for those that are in their flourishing age, sound and strong which are exercised with much labour, but in weak and corrupt stomachs, not labouring very dangerous, for we by optima computur sunt pessima, the best nourishment corrupted proves most dangerous.

Sucking Pigs.

Sucking pigs are very nourishing, but they agree not with all constitutions, because too much humidity abounds in it the fumes vapours ascend up to the head in many causing pain, and swimmings.

Brawn.

Of the flesh of tame boars we usually make brawn, being long corn fed, and young, makes a delicate meat, having not so much excrementious moisture as Bacon or pork, but the hard and horny part is difficultly concocted.

Food aken from the parts of Animals.

Aliment taken from the parts of animals are many, which both according to the kinds of living creatures, and according to teir diversity of parts do vary, the feet of animals of what kind so ever are old and dry, they have little flesh, and scarce any blood, he y yield a cold juice, dull and glutinous by reason whereof the broth wherein feet are boiled is turned to a jelly.

Hearts.

All hearts of animals are of a hard and dry nature and fibrous, neither s it easily concocted, but if it be well concocted, it yields neither ill juice nor a little, and that very stable and firm, chiefly corroberating the heart by sympathy,.

Liver,

The iver is very binding, and yields thick nourishment, but is hard to be con-

cocted, which is slowly distributed. All animals vary in their liver, according to their age and feeding, the youngest and best fed are most delicate, and have the greatest livers and fullest of juice.

Spleen.

The spleen as it is the receptacle of gross melancholy blood affords little nourishment, and is hardly concocted, therefore not fit for food.

Lungs.

The lungs in substance are light and airy, therefore properly called the bellows of the body, they nourish but little, yet easy of concoction, and afford good nourishment.

Bowels,

The intestines afford not very good but thick aliment, and the bowels of younger quadrupeds, as calves are of better juice and easier concocted than of old.

Tongue.

The tongue excels the other parts in pleasant taste and goodness of aliment, and is also easily concocted.

Brain,

The brain yields petuitous and thick

juice, and is not easily concocted, nor distributed, and causeth loathing, except it be well sharpened with vinegar.

Venison.

Although venison be in high esteem both by gentry and peasa n, ye it is hard of concoction and generaes melancholy juice, especially if he venison be grown to ripeness of years, it doh obstruct the bowels, the usual way of seasoning it doth much melio ra and make tender the flesh, and by drinking a glafs of wine therewith it becomes good nourishment.

Hare.

Hares flesh is accounted by physicians for melancholy mea, therefore not so good for those that have dry bodies, yet they are thought to genera e a good colour in e face, tey are best boiled.

Goats.

Goats flesh afford good nourishment, and may well be offered before other sylvestrous animals, for goodnes of aliment, facility of concoction, pleasantness of taste, paucity of excrements, yet they are something dryer.

Conies,

Conies if they be not old, yield a good juice, are easy of concoction, and if they

roughly roasted very drying for the plegmatick, young are safe food for sick people

Of F O W L, first Turkeys.

AMongst tame fowl the turkey is of the upper rank, both for the largeness of his body, goodness of food, having good juice, and laudable nourishment, it is most fit for those that are in health.

Capons and Pulletts and Chicken.

Hens and capons are accounted the chi among birds, they are temperate easy of concoction of good juice, and contain few excrements if young, and yield most profitable food to those who are not used to labour, they procreate good blood, yet there is great difference amongst this kind of fowl, the best is the flesh of cram'd capons, next is that of fat chickens, the next are pulletts, as for old cocks and hens, their flesh is harder and dryer, and not to be eaten, but by laborious people.

Geese.

The flesh of tame geese doth abound more with excrements, than that of wild yet the flesh of them both are hard of concoction, and yield no good juice. It is vitilous and crementious, and is oft putrified, and in weak stomachs

cause surfeits, but in strong stomachs and if it be well concocted, geese affords plenty of nourishment, but the delicacy of a goose is the liver, which if it be well fattened especially with sweet food, as boiled carrots &c. The liver will grow large, and is delicious and temperate meat, easy of concoction, of good juice and much nourishment and indeed of more value than the carcase.

Duck and Mallard,

Tame ducks if not young are very hard of concoction, of ill juice, and little nourishment, but the young ones are wholesome food, and yield good juice for the wild duck and mallard, are much better than the tame, more tender of concoction, and yields good nourishment, and do not easily putrify in the stomach,

Pheasants,

Pheasants are most excellent food, and are the best nourishment, for those that are in health, most easy of concoction, therefore safe and good for those that do not labour.

Pigeons.

There are divers sorts of pigeons those of the mountains and woods are best, the flesh of all of them are of a melancholy.

juice not easily concocted, but most dangerous in a putrid fever.

Cocks, Snites, Thrushes.

These winter birds are easily concocted, yields good juice not excrementious, and affords nourishment firm enough.

Larks.

The lark generates excellent juice and is easily concocted and it hath a peculiar quality, not only to preserve one from the cholick, but also to cure it.

Having now run through most of our English flesh meat, we will now proceed to the fish.

F I S H.

FISHES are colder and moister food than the flesh of terrestrial animals, and scarce afford so good juice as corn, and fruits, and other vegetables, they do easily purify, and if they are corrupted they acquire a quality most dangerously averse to our natures, but there are great variety of fish.

A Salmon,

A salmon in the first place is tender of flesh, grateful to the palate, easy of concoction, affords good juice, and is not inferior to any, nay it is the best of fish, but when

they are pickled with salt, and hardned with smoke, they are much worse and difficultly concocted.

Soles, Plaice, and Turbet.

These fish is highly commended amongst sea fishes which hath delicate flesh, and is easy of concoction, being white fished, yields good juice, plentiful nourishment and such as is not easily corrupted, but being dried in the smoke they are much worse and harder of concoction.

Gudgeons, Smelts.

Gudgeons and smelts are the best among the small sort of fish and very wholesome aliment, easy to be concocted and such as remain not long in the stomach, and are profitable both for pleasure and health, and may safely be given to those that are sick, to these other little fish are alike as dace and minnows &c.

perch.

A perch also hath tender flesh, and such as will easily part asunder, and not fat, nor glutinosity, tis easy to be digested, the juice is not evil, yet it affords weaker aliment, and such as is easily discussed.

Tench.

Tench is neither of a pleasing taste nor easy to be concocted, nor good aliment, but

yields a filthy stymy juice and such as is easily corrupted, neither is easily distributed and it brings forth obstructions.

Eels.

The flesh of eels is sweet but glutinous with fat and abounding, with much moisture generates ill juice, and the use thereof is not safe for sick people, not plentifully taken for those that are well.

Herring,

A herring hath white flesh apt to cleave into small pieces, hath a good taste, easy of concoction, it affords good juice, not thick and glutinous when it is pickled with salt, or hardened with smoke, which we call herrings, they are harder of concoction, doth not nourish so much.

Codfish,

Codfish and stockfish while it is fresh, hath friable flesh and tender, of good juice and easy of concoction, yet being dried it is hard of concoction, and affords thick nourishment, and is not to be eaten without danger to any save those that have healthy strong stomachs, and labour much.

Sturgeon,

Sturgeon commonly called sea beef, hath hard fat, and glutinous flesh, which yields a thick juice, yet safely to be eaten it is hard of concoction but firm nutriment and very lasting to work upon.

Lobsters and Crabs,

Lobsters, crabfish, prawns and crawfish, are frequent in most countries near the sea, there is no great difference in their efficacy or nature; they are all hard of concoction, and will not well digest but in a strong stomach yet if they are well concocted, they beget good juice, nourish much and stimulate venus.

Oysters,

Oysters and scollops have a soft juice, and therefore irritate the belly to dijection and cleanse the vereters stimulate venus, they easily generate obstructions, being hard of concoction, and nourish but little.

F I N I S.

