

**MARY
RANDOLPH**

THE VIRGINIA
HOUSEWIFE

Mary Randolph
The Virginia Housewife

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Randolph M.

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Mary Randolph

The Virginia Housewife / Or Methodical Cook

PREFACE

The difficulties I encountered when I first entered on the duties of a housekeeping life, from the want of books sufficiently clear and concise to impart knowledge to a Tyro, compelled me to study the subject, and by actual experiment to reduce every thing in the culinary line, to proper weights and measures. This method I found not only to diminish the necessary attention and labour, but to be also economical: for, when the ingredients employed were given in just proportions, the article made was always equally good. The government of a family, bears a Lilliputian resemblance to the government of a nation. The contents of the Treasury must be known, and great care taken to keep the expenditures from being equal to the receipts. A regular system must be introduced into each department, which may be modified until matured, and should then pass into an inviolable law. The grand arcanum of management lies in three simple rules:—"Let every thing be done at a proper time, keep every thing in its proper place, and put every thing to its proper use." If the mistress of a family, will every morning examine minutely the different departments of her household, she must detect errors in their infant state, when they can be corrected with ease; but a few days' growth gives them gigantic strength: and disorder, with all her attendant evils, are introduced. Early rising is also essential to the good government of a family. A late breakfast deranges the whole business of the day, and throws a portion of it on the next, which opens the door for confusion to enter. The greater part of the following receipts have been written from memory, where they were impressed by long continued practice. Should they prove serviceable to the young inexperienced housekeeper, it will add greatly to that gratification which an extensive circulation of the work will be likely to confer.

M. RANDOLPH. Washington, January, 1831.

INTRODUCTION

Management is an art that may be acquired by every woman of good sense and tolerable memory. If, unfortunately, she has been bred in a family where domestic business is the work of chance, she will have many difficulties to encounter; but a determined resolution to obtain this valuable knowledge, will enable her to surmount all obstacles. She must begin the day with an early breakfast, requiring each person to be in readiness to take their seats when the muffins, buckwheat cakes, &c. are placed on the table. This looks social and comfortable. When the family breakfast by detachments, the table remains a tedious time; the servants are kept from their morning's meal, and a complete derangement takes place in the whole business of the day. No work can be done till breakfast is finished. The Virginia ladies, who are proverbially good managers, employ themselves, while their servants are eating, in washing the cups, glasses, &c.; arranging the cruets, the mustard, salt-sellers, pickle vases, and all the apparatus for the dinner table. This occupies but a short time, and the lady has the satisfaction of knowing that they are in much better order than they would be if left to the servants. It also relieves her from the trouble of seeing the dinner table prepared, which should be done every day with the same scrupulous regard to exact neatness and method, as if a grand company was expected. When the servant is required to do this daily, he soon gets into the habit of doing it well; and his mistress having made arrangements for him in the morning, there is no fear of bustle and confusion in running after things that may be called for during the hour of dinner. When the kitchen breakfast is over, and the cook has put all things in their proper places, the mistress should go in to give her orders. Let all the articles intended for the dinner, pass in review before her: have the butter, sugar, flour, meal, lard, given out in proper quantities; the catsup, spice, wine, whatever may be wanted for each dish, measured to the cook. The mistress must tax her own memory with all this: we have no right to expect slaves or hired servants to be more attentive to our interest than we ourselves are: they will never recollect these little articles until they are going to use them; the mistress must then be called out, and thus have the horrible drudgery of keeping house all day, when one hour devoted to it in the morning, would release her from trouble until the next day. There is economy as well as comfort in a regular mode of doing business. When the mistress gives out every thing, there is no waste; but if temptation be thrown in the way of subordinates, not many will have power to resist it; besides, it is an immoral act to place them in a situation which we pray to be exempt from ourselves.

The prosperity and happiness of a family depend greatly on the order and regularity established in it. The husband, who can ask a friend to partake of his dinner in full confidence of finding his wife unruffled by the petty vexations attendant on the neglect of household duties—who can usher his guest into the dining-room assured of seeing that methodical nicety which is the essence of true elegance,—will feel pride and exultation in the possession of a companion, who gives to his home charms that gratify every wish of his soul, and render the haunts of dissipation hateful to him. The sons bred in such a family will be moral men, of steady habits; and the daughters, if the mother shall have performed the duties of a parent in the superintendence of their education, as faithfully as she has done those of a wife, will each be a treasure to her husband; and being formed on the model of an exemplary mother, will use the same means for securing the happiness of her own family, which she has seen successfully practised under the paternal roof.

SOUPS

ASPARAGUS SOUP

Take four large bunches of asparagus, scrape it nicely, cut off one inch of the tops, and lay them in water, chop the stalks and put them on the fire with a piece of bacon, a large onion cut up, and pepper and salt; add two quarts of water, boil them till the stalks are quite soft, then pulp them through a sieve, and strain the water to it, which must be put back in the pot; put into it a chicken cut up, with the tops of asparagus which had been laid by, boil it until these last articles are sufficiently done, thicken with flour, butter and milk, and serve it up.

BEEF SOUP

Take the hind shin of beef, cut off all the flesh off the leg-bone, which must be taken away entirely, or the soup will be greasy. Wash the meat clean and lay it in a pot, sprinkle over it one small table-spoonful of pounded black pepper, and two of salt; three onions the size of a hen's egg, cut small, six small carrots scraped and cut up, two small turnips pared and cut into dice; pour on three quarts of water, cover the pot close, and keep it gently and steadily boiling five hours, which will leave about three pints of clear soup; do not let the pot boil over, but take off the scum carefully, as it rises. When it has boiled four hours, put in a small bundle of thyme and parsley, and a pint of celery cut small, or a tea-spoonful of celery seed pounded. These latter ingredients would lose their delicate flavour if boiled too much. Just before you take it up, brown it in the following manner: put a small table-spoonful of nice brown sugar into an iron skillet, set it on the fire and stir it till it melts and looks very dark, pour into it a ladle full of the soup, a little at a time; stirring it all the while. Strain this browning and mix it well with the soup; take out the bundle of thyme and parsley, put the nicest pieces of meat in your tureen, and pour on the soup and vegetables; put in some toasted bread cut in dice, and serve it up.

GRAVY SOUP

Get eight pounds of coarse lean beef—wash it clean and lay it in your pot, put in the same ingredients as for the shin soup, with the same quantity of water, and follow the process directed for that. Strain the soup through a sieve, and serve it up clear, with nothing more than toasted bread in it; two table-spoonsful of mushroom catsup will add a fine flavour to the soup.

SOUP WITH BOUILLI

Take the nicest part of the thick brisket of beef, about eight pounds, put it into a pot with every thing directed for the other soup; make it exactly in the same way, only put it on an hour sooner, that you may have time to prepare the bouilli; after it has boiled five hours, take out the beef, cover up the soup and set it near the fire that it may keep hot. Take the skin off the beef, have the yelk of an egg well beaten, dip a feather in it and wash the top of your beef, sprinkle over it the crumb of stale bread finely grated, put it in a Dutch oven previously heated, put the top on with coals enough to brown, but not burn the beef; let it stand nearly an hour, and prepare your gravy thus:—Take a sufficient quantity of soup and the vegetables boiled in it; add to it a table-spoonful of red wine, and two of mushroom catsup, thicken with a little bit of butter and a little brown flour; make it very hot,

pour it in your dish, and put the beef on it. Garnish it with green pickle, cut in thin slices, serve up the soup in a tureen with bits of toasted bread.

VEAL SOUP

Put into a pot three quarts of water, three onions cut small, one spoonful of black pepper pounded, and two of salt, with two or three slices of lean ham; let it boil steadily two hours; skim it occasionally, then put into it a shin of veal, let it boil two hours longer; take out the slices of ham, and skim off the grease if any should rise, take a gill of good cream, mix with it two table-spoonsful of flour very nicely, and the yolks of two eggs beaten well, strain this mixture, and add some chopped parsley; pour some soup on by degrees, stir it well, and pour it into the pot, continuing to stir until it has boiled two or three minutes to take off the raw taste of the eggs. If the cream be not perfectly sweet, and the eggs quite new, the thickening will curdle in the soup. For a change you may put a dozen ripe tomatos in, first taking off their skins, by letting them stand a few minutes in hot water, when they may be easily peeled. When made in this way you must thicken it with the flour only. Any part of the veal may be used, but the shin or knuckle is the nicest.

OYSTER SOUP

Wash and drain two quarts of oysters, put them on with three quarts of water, three onions chopped up, two or three slices of lean ham, pepper and salt; boil it till reduced one-half, strain it through a sieve, return the liquid into the pot, put in one quart of fresh oysters, boil it till they are sufficiently done, and thicken the soup with four spoonsful of flour, two gills of rich cream, and the yolks of six new laid eggs beaten well; boil it a few minutes after the thickening is put in. Take care that it does not curdle, and that the flour is not in lumps; serve it up with the last oysters that were put in. If the flavour of thyme be agreeable, you may put in a little, but take care that it does not boil in it long enough to discolour the soup.

BARLEY SOUP

Put on three gills of barley, three quarts of water, few onions cut up, six carrots scraped and cut into dice, an equal quantity of turnips cut small; boil it gently two hours, then put in four or five pounds of the rack or neck of mutton, a few slices of lean ham, with pepper and salt; boil it slowly two hours longer and serve it up. Tomatos are an excellent addition to this soup.

DRIED PEA SOUP

Take one quart of split peas, or Lima beans, which are better; put them in three quarts of very soft water with three onions chopped up, pepper and salt; boil them two hours; mash them well and pass them through a sieve; return the liquid into the pot, thicken it with a large piece of butter and flour, put in some slices of nice salt pork, and a large tea-spoonful of celery seed pounded; boil it till the pork is done, and serve it up; have some toasted bread cut into dice and fried in butter, which must be put in the tureen before you pour in the soup.

GREEN PEA SOUP

Make it exactly as you do the dried pea soup, only in place of the celery seed, put a handful of mint chopped small, and a pint of young peas, which must be boiled in the soup till tender; thicken it with a quarter of a pound of butter, and two spoonsful of flour.

OCHRA SOUP

Get two double handfuls of young ochra, wash and slice it thin, add two onions chopped fine, put it into a gallon of water at a very early hour in an earthen pipkin, or very nice iron pot; it must be kept steadily simmering, but not boiling: put in pepper and salt. At 12 o'clock, put in a handful of Lima beans; at half-past one o'clock, add three young cimlins cleaned and cut in small pieces, a fowl, or knuckle of veal, a bit of bacon or pork that has been boiled, and six tomatos, with the skin taken off; when nearly done, thicken with a spoonful of butter, mixed with one of flour. Have rice boiled to eat with it.

HARE OR RABBIT SOUP

Cut up two hares, put them into a pot with a piece of bacon, two onions chopped, a bundle of thyme and parsley, which must be taken out before the soup is thickened, add pepper, salt, pounded cloves, and mace, put in a sufficient quantity of water, stew it gently three hours, thicken with a large spoonful of butter, and one of brown flour, with a glass of red wine; boil it a few minutes longer, and serve it up with the nicest parts of the hares. Squirrels make soup equally good, done the same way.

SOUP OF ANY KIND OF OLD FOWL

The, only way in which they are eatable. Put the fowls in a coop and feed them moderately for a fortnight; kill one and cleanse it, cut off the legs and wings, and separate the breast from the ribs, which, together with the whole back, must be thrown away, being too gross and strong for use. Take the skin and fat from the parts cut off which are also gross. Wash the pieces nicely, and put them on the fire with about a pound of bacon, a large onion chopped small, some pepper and salt, a few blades of mace, a handful of parsley, cut up very fine, and two quarts of water, if it be a common fowl or duck—a turkey will require more water. Boil it gently for three hours, tie up a small bunch of thyme, and let it boil in it half an hour, then take it out. Thicken your soup with a large spoonful of butter rubbed into two of flour, the yolks of two eggs, and half a pint of milk. Be careful not to let it curdle in the soup.

CATFISH SOUP

An excellent dish for those who have not imbibed a needless prejudice against those delicious fish.

Take two large or four small white catfish that have been caught in deep water, cut off the heads, and skin and clean the bodies; cut each in three parts, put them in a pot, with a pound of lean bacon, a large onion cut up, a handful of parsley chopped small, some pepper and salt, pour in a sufficient quantity of water, and stew them till the fish are quite tender but not broken; beat the yolks of four fresh eggs, add to them a large spoonful of butter, two of flour, and half a pint of rich milk; make all these warm and thicken the soup, take out the bacon, and put some of the fish in your tureen, pour in the soup, and serve it up.

ONION SOUP

Chop up twelve large onions, boil them in three quarts of milk and water equally mixed, put in a bit of veal or fowl, and a piece of bacon with pepper and salt. When the onions are boiled to pulp, thicken it with a large spoonful of butter mixed with one of flour. Take out the meat, and serve it up with toasted bread cut in small pieces in the soup.

TO DRESS TURTLE

Kill it at night in winter, and in the morning in summer. Hang it up by the hind fins, cut off the head and let it bleed well. Separate the bottom shell from the top, with great care, lest the gall bladder be broken, which must be cautiously taken out and thrown away. Put the liver in a bowl of water. Empty the guts and lay them in water; if there be eggs, put them also in water. It is proper to have a separate bowl of water for each article. Cut all the flesh from the bottom shell, and lay it in water; then break the shell in two, put it in a pot after having washed it clean; pour on as much water as will cover it entirely, add one pound of middling, or flitch of bacon, with four onions chopped, and set it on the fire to boil. Open the guts, cleanse them perfectly; take off the inside skin, and put them in the pot with the shell; let them boil steadily for three hours, and if the water boils away too much, add more. Wash the top shell nicely after taking out the flesh, cover it, and set it by. Parboil the fins, clean them nicely—taking off all the black skin, and put them in water; cut the flesh taken from the bottom and top shell, in small pieces; cut the fins in two, lay them with the flesh in a dish; sprinkle some salt over, and cover them up. When the shell, &c. is done, take out the bacon, scrape the shell clean, and strain the liquor; about one quart of which must be put back in the pot; reserve the rest for soup; pick out the guts, and cut them in small pieces; take all the nice bits that were strained out, put them with the guts into the gravy; lay in the fins cut in pieces with them, and as much of the flesh as will be sufficient to fill the upper shell; add to it, (if a large turtle,) one bottle of white wine; cayenne pepper, and salt, to your taste, one gill of mushroom catsup, one gill of lemon pickle, mace, nutmegs and cloves, pounded, to season it high. Mix two large spoonsful of flour in one pound and a quarter of butter; put it in with thyme, parsley, marjoram and savory, tied in bunches; stew all these together, till the flesh and fins are tender; wash out the top shell, put a puff paste around the brim; sprinkle over the shell pepper and salt, then take the herbs out of the stew; if the gravy is not thick enough, add a little more flour, and fill the shell; should there be no eggs in the turtle, boil six new laid ones for ten minutes, put them in cold water a short time, peel them, cut them in two, and place them on the turtle; make a rich forcemeat, (see receipt for forcemeat,) fry the balls nicely, and put them also in the shell; set it in a dripping pan, with something under the sides to keep it steady; have the oven heated as for bread, and let it remain in it till nicely browned. Fry the liver and send it in hot.

FOR THE SOUP

At an early hour in the morning, put on eight pounds of coarse beef, some bacon, onions, sweet herbs, pepper and salt. Make a rich soup, strain it and thicken with a bit of butter, and brown flour; add to it the water left from boiling the bottom shell; season it very high with wine, catsup, spice and cayenne; put in the flesh you reserved, and if that is not enough, add the nicest parts of a well boiled calf's head; but do not use the eyes or tongue; let it boil till tender, and serve it up with fried forcemeat balls in it.

If you have curry powder, (see receipt for it,) it will give a higher flavour to both soup and turtle, than spice. Should you not want soup, the remaining flesh may be fried, and served with a rich gravy.

MOCK TURTLE SOUP OF CALF'S HEAD

Have a large head cleaned nicely without taking off the skin, divide the chop from the front of the head, take out the tongue, (which is best when salted,) put on the head with a gallon of water, the hock of a ham or a piece of nice pork, four or five onions, thyme, parsley, cloves and nutmeg, pepper and salt, boil all these together until the flesh on the head is quite tender, then take it up, cut all into small pieces, take the eyes out carefully, strain the water in which it was boiled, add half a pint of wine and a gill of mushroom catsup, let it boil slowly till reduced to two quarts, thicken it with two spoonful of browned flour rubbed into four ounces of butter, put the meat in, and after stewing it a short time, serve it up. The eyes are a great delicacy.

BEEF

DIRECTIONS FOR CURING BEEF

Prepare your brine in the middle of October, after the following manner: get a thirty gallon cask, take out one head, drive in the bung, and put some pitch on it, to prevent leaking. See that the cask is quite tight and clean. Put into it one pound of saltpetre powdered, fifteen quarts of salt, and fifteen gallons of cold water; stir it frequently, until dissolved, throw over the cask a thick cloth, to keep out the dust; look at it often and take off the scum. These proportions have been accurately ascertained—fifteen gallons of cold water will exactly hold, in solution, fifteen quarts of good clean Liverpool salt, and one pound of saltpetre: this brine will be strong enough to bear up an egg: if more salt be added, it will fall to the bottom without strengthening the brine, the water being already saturated. This brine will cure all the beef which a private family can use in the course of the winter, and requires nothing more to be done to it except occasionally skimming the dross that rises. It must be kept in a cool, dry place. For salting your beef, get a molasses hogshead and saw it in two, that the beef may have space to lie on; bore some holes in the bottom of these tubs, and raise them on one side about an inch, that the bloody brine may run off.

Be sure that your beef is newly killed—rub each piece very well with good Liverpool salt—a vast deal depends upon rubbing the salt into every part—it is unnecessary to put saltpetre on it; sprinkle a good deal of salt on the bottom of the tub. When the beef is well salted, lay it in the tub, and be sure you put the fleshy side downward. Put a great deal of salt on your beef after it is packed in the tub; this protects it from animals who might eat, if they could smell it, and does not waste the salt, for the beef can only dissolve a certain portion. You must let the beef lie in salt ten days, then take it out, brush off the salt, and wipe it with a damp cloth; put it in the brine with a bit of board and weight to keep it under. In about ten days it will look red and be fit for the table, but it will be red much sooner when the brine becomes older. The best time to begin to salt beef is the latter end of October, if the weather be cool, and from that time have it in succession. When your beef is taken out of the tub, stir the salt about to dry, that it may be ready for the next pieces. Tongues are cured in the same manner.

TO DRY BEEF FOR SUMMER USE

The best pieces for this purpose are the thin briskets, or that part of the plate which is farthest from the shoulder of the animal, the round and rib pieces which are commonly used for roasting. These should not be cut with long ribs and the back-bones must be sawed off as close as possible, that the piece may lay flat in the dish. About the middle of February, select your beef from an animal well fattened with corn, and which, when killed, will weigh one hundred and fifty per quarter—larger oxen are always coarse. Salt the pieces as directed, let them lie one fortnight, then put them in brine, where they must remain three weeks: take them out at the end of the time, wipe them quite dry, rub them over with bran, and hang them in a cool, dry, and, if possible, dark place, that the flies may not get to them: they must be suspended, and not allowed to touch any thing. It will be necessary, in the course of the summer, to look them over occasionally, and after a long wet season, to lay them in the sun a few hours. Your tongues may be dried in the same manner: make a little hole in the root, run a twine through it, and suspend it. These dried meats must be put in a good quantity of water, to soak, the night before they are to be used. In boiling it is absolutely necessary to have a large quantity of water to put the beef in while the water is cold, to boil steadily, skimming the pot, until the bones are ready to fall out; and, if a tongue, till the skin peels off with perfect ease: the skin must also be taken from

the beef. The housekeeper who will buy good ox beef, and follow these directions exactly, may be assured of always having delicious beef on her table. Ancient prejudice has established a notion, that meat killed in the decrease of the moon, will draw up when cooked. The true cause of this shrinking, may be found in the old age of the animal, or in its diseased state, at the time of killing. The best age is from three to five years.

Few persons are aware of the injury they sustain, by eating the flesh of diseased animals. None but the Jewish butchers, who are paid exclusively for it, attend to this important circumstance. The best rule for judging that I have been able to discover, is the colour of the fat. When the fat of beef is a high shade of yellow, I reject it. If the fat of veal, mutton, lamb or pork, have the slightest tinge of yellow, I avoid it as diseased. The same rule holds good when applied to poultry.

TO CORN BEEF IN HOT WEATHER

Take a piece of thin brisket or plate, cut out the ribs nicely, rub it on both sides well with two large spoonsful of pounded saltpetre; pour on it a gill of molasses and a quart of salt; rub them both in; put it in a vessel just large enough to hold it, but not tight, for the bloody brine must run off as it makes, or the meat will spoil. Let it be well covered, top, bottom and sides, with the molasses and salt. In four days you may boil it, tied up in a cloth with the salt, &c. about it: when done, take the skin off nicely, and serve it up. If you have an ice-house or refrigerator, it will be best to keep it there. A fillet or breast of veal, and a leg or rack of mutton, are excellent done in the same way.

IMPORTANT OBSERVATIONS ON ROASTING, BOILING, FRYING, &c

In roasting butchers' meat, be careful not to run the spit through the nice parts: let the piece lie in water one hour, then wash it out, wipe it perfectly dry, and put it on the spit. Set it before a clear, steady fire: sprinkle some salt on it, and when it becomes hot, baste it for a time with salt and water: then put a good spoonful of nice lard into the dripping-pan, and when melted, continue to baste with it. When your meat, of whatever kind, has been down some time, but before it begins to look brown, cover it with paper and baste on it; when it is nearly done, take off the paper, dredge it with flour, turn the spit for some minutes very quick, and baste all the time to raise a froth—after which, serve it up. When mutton is roasted, after you take off the paper, loosen the skin and peel it off carefully, then dredge and froth it up. Beef and mutton must not be roasted as much as veal, lamb, or pork; the two last must be skinned in the manner directed for mutton. You may pour a little melted butter in the dish with veal, but all the others must be served without sauce, and garnished with horse-radish, nicely scraped. Be careful not to let a particle of dry flour be seen on the meat—it has a very ill appearance. Beef may look brown, but the whiter the other meats are, the more genteel are they, and if properly roasted, they may be perfectly done, and quite white. A loin of veal, and hind quarter of lamb, should be dished with the kidneys uppermost; and be sure to joint every thing that is to be separated at table, or it will be impossible to carve neatly. For those who *must* have gravy with these meats, let it be made in any way they like, and served in a boat. No meat can be well roasted except on a spit turned by a jack, and before a steady clear fire—other methods are no better than baking. Many cooks are in the habit of half boiling the meats to plump them as they term it, before they are spitted, but it destroys their fine flavour. Whatever is to be boiled, must be put into cold water with a little salt, which will cook them regularly. When they are put in boiling water, the outer side is done too much, before the inside gets heated. Nice lard is much better than butter for basting roasted meats, or for frying. To choose butchers' meat, you must see that the fat is not yellow, and that the lean parts are of a fine close grain, a lively colour, and will feel tender when pinched. Poultry should be well covered with white fat; if the bottom of the breast bone be gristly, it is young, but if it

be a hard bone, it is an old one. Fish are judged by the liveliness of their eyes, and bright red of their gills. Dredge every thing with flour before it is put on to boil, and be sure to add salt to the water.

Fish, and all other articles for frying, after being nicely prepared, should be laid on a board and dredged with flour or meal mixed with salt: when it becomes dry on one side, turn it, and dredge the other. For broiling, have very clear coals, sprinkle a little salt and pepper over the pieces, and when done, dish them, and pour over some melted butter and chopped parsley—this is for broiled veal, wild fowl, birds or poultry: beef-steaks and mutton chops require only a table-spoonful of hot water to be poured over. Slice an onion in the dish before you put in the steaks or chops, and garnish both with rasped horse-radish. To have viands served in perfection, the dishes should be made hot, either by setting them over hot water, or by putting some in them, and the instant the meats are laid in and garnished, put on a pewter dish cover. A dinner looks very enticing, when the steam rises from each dish on removing the covers, and if it be judiciously *ordered*, will have a double relish. Profusion is not elegance—a dinner justly calculated for the company, and consisting for the greater part of small articles, correctly prepared, and neatly served up, will make a much more pleasing appearance to the sight, and give a far greater gratification to the appetite, than a table loaded with food, and from the multiplicity of dishes, unavoidably neglected in the preparation, and served up cold.

There should always be a supply of brown flour kept in readiness to thicken brown gravies, which must be prepared in the following manner: put a pint of flour in a Dutch oven, with some coals under it; keep constantly stirring it until it is uniformly of a dark brown, but none of it burnt, which would look like dirt in the gravy. All kitchens should be provided with a saw for trimming meat, and also with larding needles.

BEEF A-LA-MODE

Take the bone from a round of beef, fill the space with a forcemeat made of the crumbs of a stale loaf, four ounces of marrow, two heads of garlic chopped with thyme and parsley, some nutmeg, cloves, pepper and salt, mix it to a paste with the yolks of four eggs beaten, stuff the lean part of the round with it, and make balls of the remainder; sew a fillet of strong linen wide enough to keep it round and compact, put it in a vessel just sufficiently large to hold it, add a pint of red wine, cover it with sheets of tin or iron, set it in a brick oven properly heated, and bake it three hours; when done, skim the fat from the gravy, thicken it with brown flour, add some mushroom and walnut catsup, and serve it up garnished with forcemeat balls fried. It is still better when eaten cold with sallad.

BRISKET OF BEEF BAKED

Bone a brisket of beef, and make holes in it with a sharp knife about an inch apart, fill them alternately with fat bacon, parsley and oysters, all chopped small and seasoned with pounded cloves and nutmeg, pepper and salt, dredge it well with flour, lay it in a pan with a pint of red wine and a large spoonful of lemon pickle; bake it three hours, take the fat from the gravy and strain it; serve it up garnished with green pickles.

BEEF OLIVES

Cut slices from a fat rump of beef six inches long and half an inch thick, beat them well with a pestle; make a forcemeat of bread crumbs, fat bacon chopped, parsley, a little onion, some shred suet, pounded mace, pepper and salt; mix it up with the yolks of eggs, and spread a thin layer over each slice of beef, roll it up tight, and secure the rolls with skewers, set them before the fire, and turn them till they are a nice brown; have ready a pint of good gravy, thickened with brown flour and a

spoonful of butter, a gill of red wine, with two spoonsful of mushroom catsup, lay the rolls in it, and stew them till tender; garnish with forcemeat balls.

TO STEW A RUMP OF BEEF

Take out as much of the bone as can be done with a saw, that it may lie flat on the dish, stuff it with forcemeat made as before directed, lay it in a pot with two quarts of water, a pint of red wine, some carrots and turnips cut in small pieces and stewed over it, a head of cellery cut up, a few cloves of garlic, some pounded cloves, pepper and salt, stew it gently till sufficiently done, skim the fat off, thicken the gravy, and serve it up; garnish with little bits of puff paste nicely baked, and scraped horse-radish.

A FRICANDO OF BEEF

Cut a few slices of beef six inches long, two or three wide, and one thick, lard them with bacon, dredge them well, and make them a nice brown before a brisk fire; stew them half an hour in a well seasoned gravy, put some stewed sorrel or spinage in the dish, lay on the beef, and pour over a sufficient quantity of gravy; garnish with fried balls.

AN EXCELLENT METHOD OF DRESSING BEEF

Take a rib roasting piece that has been hanging ten days or a fortnight, bone it neatly, rub some salt over it and roll it tight, binding it around with twine, put the spit through the inner fold without sticking it in the flesh, skewer it well and roast it nicely; when nearly done, dredge and froth it; garnish with scraped horse-radish.

TO COLLAR A FLANK OF BEEF

Get a nice flank of beef, rub it well with a large portion of saltpetre and common salt, let it remain ten days, then wash it clean, take off the outer and inner skin with the gristle, spread it on a board, and cover the inside with the following mixture: parsley, sage, thyme chopped fine, pepper, salt and pounded cloves; roll it up, sew a cloth over it, and bandage that with tape, boil it gently five or six hours, when cold, lay it on a board without undoing it, put another board on the top, with a heavy weight on it; let it remain twenty-four hours, take off the bandages, cut a thin slice from each end, serve it up garnished with green pickle and sprigs of parsley.

TO MAKE HUNTERS' BEEF

Select a fine fat round weighing about twenty-five pounds, take three ounces saltpetre, one ounce of cloves, half an ounce of alspice, a large nutmeg, and a quart of salt; pound them all together very fine, take the bone out, rub it well with this mixture on both sides, put some of it at the bottom of a tub just large enough to hold the beef, lay it in and strew the remainder on the top, rub it well every day for two weeks, and spread the mixture over it; at the end of this time, wash the beef, bind it with tape, to keep it round and compact, filling the hole where the bone was with a piece of fat, lay it in a pan of convenient size, strew a little suet over the top, and pour on it a pint of water, cover the pan with a coarse crust and a thick paper over that, it will take five hours baking; when cold take off the tape. It is a delicious relish at twelve o'clock, or for supper, eaten with vinegar, mustard, oil, or sallad. Skim the grease from the gravy and bottle it; it makes an excellent seasoning for any made dish.

A NICE LITTLE DISH OF BEEF

Mince cold roast beef, fat and lean, very fine, add chopped onion, pepper, salt, and a little good gravy, fill scollop shells two parts full, and fill them up with potatoes mashed smooth with cream, put a bit of butter on the top, and set them in an oven to brown.

BEEF STEAKS

The best part of the beef for steaks, is the seventh and eighth ribs, the fat and lean are better mixed, and it is more tender than the rump if it be kept long enough; cut the steaks half an inch thick, beat them a little, have fine clear coals, rub the bars of the gridiron with a cloth dipped in lard before you put it over the coals, that none may drip to cause a bad smell, put no salt on till you dish them, broil them quick, turning them frequently; the dish must be very hot, some slices of onion in it, lay in the steaks, sprinkle a little salt, and pour over them a spoonful of water and one of mushroom catsup, both made boiling hot, garnish with scraped horse-radish, and put on a hot dish cover. Every thing must be in readiness, for the great excellence of a beef steak lies in having it immediately from the gridiron.

TO HASH BEEF

Cut slices of raw beef, put them in a stew pan with a little water, some catsup, a clove of garlic, pepper and salt, stew them till done, thicken the gravy with a lump of butter rubbed into brown flour. A hash may be made of any kind of meat that has been cooked, but it is not so good, and it is necessary to have a gravy prepared and seasoned, and keep the hash over the fire only a few minutes to make it hot.

BEEF STEAK PIE

Cut nice steaks, and stew them till half done, put a puff paste in the dish, lay in the steaks with a few slices of boiled ham, season the gravy very high, pour it in the dish, put on a lid of paste and bake it.

BEEF A-LA-DAUBE

Get a round of beef, lard it well, and put it in a Dutch oven; cut the meat from a shin of beef, or any coarse piece in thin slices, put round the sides and over the top some slices of bacon, salt, pepper, onion, thyme, parsley, celery tops, or seed pounded, and some carrots cut small, strew the pieces of beef over, cover it with water, let it stew very gently till perfectly done, take out the round, strain the gravy, let it stand to be cold, take off the grease carefully, beat the whites of four eggs, mix a little water with them, put them to the gravy, let it boil till it looks clear, strain it, and when cold, put it over the beef.

VEAL

DIRECTIONS FOR THE PIECES IN THE DIFFERENT QUARTERS OF VEAL

A loin of veal must always be roasted: the fillet or leg may be dressed in various ways, the knuckle or knee is proper for soup or for boiling; these are the pieces that compose the hind quarter. In the fore quarter, the breast and rack admit variety in cooking; the shoulder and neck are only fit for soup.

VEAL CUTLETS FROM THE FILLET OR LEG

Cut off the flank and take the bone out, then take slices the size of the fillet and half an inch thick, beat two yolks of eggs light, and have some grated bread mixed with pepper, salt, pounded nutmeg and chopped parsley; beat the slices a little, lay them on a board and wash the upper side with the egg, cover it thick with the bread crumbs, press them on with a knife, and let them stand to dry a little, that they may not fall off in frying, then turn them gently, put egg and crumbs on in the same manner, put them into a pan of boiling lard, and fry them a light brown; have some good gravy ready, season it with a tea-spoonful of curry powder, a large one of wine, and one of lemon pickle, thicken with butter and brown flour, drain every drop of lard from the cutlets, lay them in the gravy, and stew them fifteen or twenty minutes, serve them up garnished with lemon cut in thin slices.

VEAL CHOPS

Take the best end of a rack of veal, cut it in chops, with one bone in each, leave the small end of the bone bare two inches, beat them flat, and prepare them with eggs and crumbs, as the cutlets, butter some half-sheets of white paper, wrap one round each chop, skewer it well, leaving the bare bone out, broil them till done, and take care the paper does not burn; have nice white sauce in a boat.

VEAL CUTLETS

Cut them from the fillet, put them in a stew pan with a piece of nice pork, a clove of garlic, a bundle of thyme and parsley, pepper and salt, cover them with water and let them stew ten or fifteen minutes, lay them on a dish, and when cold cover them well with the crumb of stale bread finely grated, mixed with the leaves of parsley chopped very small, some pepper, salt and grated nutmeg; press these on the veal with a knife, and when a little dried, turn it and do the same to the other side; put a good quantity of lard in a pan, when it boils lay the cutlets in carefully that the crumbs may not fall; fry them a little brown, lay them on a strainer to drain off the grease, do the same with the crumbs that have fallen in the pan: while this is doing, simmer the water they were boiled in to half a pint, strain it and thicken with four ounces of butter and a little browned flour; add a gill of wine and one of mushroom catsup, put in the cutlets and crumbs, and stew till tender; add forcemeat balls.

KNUCKLE OF VEAL

Boil a half pint of pearl barley in salt and water till quite tender, drain the water from it and stir in a piece of butter, put it in a deep dish; have the knuckle nicely boiled in milk and water, and lay it on the barley, pour some parsley and butter over it.

BAKED FILLET OF VEAL

Take the bone out of the fillet, wrap the flap around and sew it, make a forcemeat of bread crumbs, the fat of bacon, a little onion chopped, parsley, pepper, salt, and a nutmeg pounded, wet it with the yolks of eggs, fill the place from which the bone was taken, make holes around it with a knife and fill them also, and lard the top; put it in a Dutch oven with a pint of water, bake it sufficiently, thicken the gravy with butter and brown flour, add a gill of wine and one of mushroom catsup, and serve it garnished with forcemeat balls fried.

SCOTCH COLLOPS OF VEAL

They may be made of the nice part of the rack, or cut from the fillet, rub a little salt and pepper on them, and fry them a light brown; have a rich gravy seasoned with wine, and any kind of catsup you choose, with a few cloves of garlic, and some pounded mace, thicken it, put the collops in and stew them a short time, take them out, strain the gravy over, and garnish with bunches of parsley fried crisp, and thin slices of middling of bacon, curled around a skewer and boiled.

VEAL OLIVES

Take the bone out of the fillet and cut thin slices the size of the leg, beat them flat, rub them with the yolk of an egg beaten, lay on each piece a thin slice of boiled ham, sprinkle salt, pepper, grated nutmeg, chopped parsley, and bread crumbs over all, roll them up tight, and secure them with skewers, rub them with egg and roll them in bread crumbs, lay them on a tin dripping pan, and set them in an oven; when brown on one side, turn them, and when sufficiently done, lay them in a rich highly seasoned gravy made of proper thickness, stew them till tender, garnish with forcemeat balls and green pickles sliced.

RAGOUT OF A BREAST OF VEAL

Separate the joints of the brisket, and saw off the sharp ends of the ribs, trim it neatly, and half roast it; put it in a stew pan with a quart of good gravy seasoned with wine, walnut and mushroom catsup, a tea-spoonful of curry powder, and a few cloves of garlic; stew it till tender, thicken the gravy, and garnish with sweatbreads nicely broiled.

FRICANDO OF VEAL

Cut slices from the fillet an inch thick and six inches long, lard them with slips of lean middling of bacon, bake them a light brown, stew them in well seasoned gravy, made as thick as rich cream, serve them up hot, and lay round the dish sorrel stewed with butter, pepper and salt, till quite dry.

TO MAKE A PIE OF SWEETBREADS AND OYSTERS

Boil the sweetbreads tender, stew the oysters, season them with pepper and salt, and thicken with cream, butter, the yolks of eggs and flour, put a puff paste at the bottom and around the sides of a deep dish, take the oysters up with an egg spoon, lay them in the bottom, and cover them with the sweetbreads, fill the dish with gravy, put a paste on the top, and bake it. This is the most delicate pie that can be made. The sweetbread of veal is the most delicious part, and may be broiled, fried, or dressed in any way, and is always good.

MOCK TURTLE OF CALF'S HEAD

Have the head nicely cleaned, divide the chop from the skull, take out the brains and tongue, and boil the other parts till tender, take them out of the water and put into it a knuckle of veal or four pounds of lean beef, three onions chopped, thyme, parsley, a tea-spoonful of pounded cloves, the same of mace, salt, and cayenne pepper to your taste—boil these things together till reduced to a pint, strain it, and add two gills of red wine, one of mushroom and one of walnut catsup, thicken it with butter and brown flour; the head must be cut in small pieces and stewed a few minutes in the gravy; put a paste round the edge of a deep dish, three folds, one on the other, but none on the bottom; pour in the meat and gravy, and bake it till the paste is done; pick all strings from the brains, pound them, and add grated bread, pepper and salt, make them in little cakes with the yolk of an egg, fry them a nice brown, boil six egg's hard, leave one whole and divide the others exactly in two, have some bits of paste nicely baked; when the head is taken from the oven, lay the whole egg in the middle, and dispose the others, with the brain cakes and bits of paste tastily around it. If it be wanted as soup, do not reduce the gravy so much, and after stewing the head, serve it in a tureen with the brain cakes and forcemeat balls fried, in place of the eggs and paste. The tongue should be salted and put in brine; they are very delicate, and four of them boiled and peeled, and served with four small chickens boiled, make a handsome dish, either cold or hot, with parsley and butter poured over them.

TO GRILL A CALF'S HEAD

Clean and divide it as for the turtle, take out the brains and tongue, boil it tender, take the eyes out whole, and cut the flesh from the skull in small pieces; take some of the water it was boiled in for gravy, put to it salt, cayenne pepper, a grated nutmeg, with a spoonful of lemon pickle; stew it till it is well flavoured, take the jowl or chop, take out the bones, and cover it with bread crumbs, chopped parsley, pepper and salt, set it in an oven to brown, thicken the gravy with the yolks of two eggs and a spoonful of butter rubbed into two of flour, stew the head in it a few minutes, put it in the dish, and lay the grilled chop on it; garnish it with brain cakes and broiled sweetbreads.

TO COLLAR A CALF'S HEAD

After cleaning it nicely, saw the bone down the middle of the skull, but do not separate the head, take out the brains and tongue, boil it tender enough to remove the bones, which must be taken entirely out; lay it on a board, have a good quantity of chopped parsley seasoned with mace, nutmeg, pepper and salt—spread a layer of this, then one of thick slices of ham, another of parsley and one of ham, roll it up tight, sew a cloth over it, and bind that round with tape; boil it half an hour, and when cold press it. It must be kept covered with vinegar and water, and is very delicious eaten with sallad or oil and vinegar.

CALF'S HEART, A NICE DISH

Take the heart and liver from the harslet, and cut off the windpipe, boil the lights very tender, and cut them in small pieces—take as much of the water they were boiled in as will be sufficient for gravy; add to it a large spoonful of white wine, one of lemon pickle, some grated nutmeg, pepper and salt, with a large spoonful of butter, mixed with one of white flour; let it boil a few minutes, and put in the minced lights, set it by till the heart and liver are ready, cut the ventricle out of the heart, wash it well, lard it all over with narrow slips of middling, fill the cavity with good forcemeat, put it in a pan on the broad end, that the stuffing may not come out; bake it a nice brown, slice the liver an inch thick and broil it, make the mince hot, set the heart upright in the middle of the dish, pour it around, lay the broiled liver on, and garnish with bunches of fried parsley; it should be served up extremely hot.

CALF'S FEET FRICASSEE

Boil the feet till very tender, cut them in two and pull out the large bones, have half a pint of good white gravy, add to it a spoonful of white wine, one of lemon pickle, and some salt, with a tea-spoonful of curry powder, stew the feet in it fifteen minutes, and thicken it with the yolks of two eggs, a gill of milk, a large spoonful of butter, and two of white flour, let the thickening be very smooth, shake the stew pan over the fire a few minutes, but do not let it boil lest the eggs and milk should curdle.

TO FRY CALF'S FEET

Prepare them as for the fricassee, dredge them well with flour and fry them a light brown, pour parsley and butter over, and garnish with fried parsley.

TO PREPARE RENNET

Take the stomach from the calf as soon as it is killed—do not wash it, but hang it in a dry cool place for four or five days; then turn it inside out, slip off all the curd nicely with the hand, fill it with a little saltpetre mixed with the quantity of salt necessary, and lay it in a small stone pot, pour over it a small tea-spoonful of vinegar, and sprinkle a handful of salt over it, cover it closely and keep it for use. You must not wash it—that would weaken the gastric juice, and injure the rennet. After it has been salted six or eight weeks, cut off a piece four or five inches long, put it in a large mustard bottle, or any vessel that will hold about a pint and a half; put on it five gills of cold water, and two gills of rose brandy—stop it very close, and shake it when you are going to use it: a table-spoonful of this is sufficient for a quart of milk. It must be prepared in very cool weather, and if well done, will keep more than a year.

TO HASH A CALF'S HEAD

Boil the head till the meat is almost enough for eating; then cut it in thin slices, take three quarters of a pint of good gravy, and add half a pint of white wine, half a nutmeg, two anchovies, a small onion stuck with cloves, and a little mace; boil these up in the liquor for a quarter of an hour, then strain it and boil it up again; put in the meat, with salt to your taste, let it stew a little, and if you choose it, you may add some sweetbreads, and make some forcemeat balls with veal; mix the

brains with the yolks of eggs and fry them to lay for a garish. When the head is ready to be sent in, stir in a bit of butter.

TO BAKE A CALF'S HEAD

Divide the calf's head, wash it clean, and having the yolks of two eggs well beaten, wash the outside of the head all over with them, and on that strew raspings of bread sifted, pepper, salt, nutmeg and mace powdered; also, the brains cut in pieces and dipped in thick butter, then cover the head with bits of butter, pour into the pan some white wine and water, with as much gravy, and cover it close. Let it be baked in a quick oven, and when it is served up, pour on some strong gravy, and garnish with slices of lemon, red beet root pickled, fried oysters and fried bread.

TO STUFF AND ROAST A CALF'S LIVER

Take a fresh calf's liver, and having made a hole in it with a large knife run in lengthways, but not quite through, have ready a forced meat, or stuffing made of part of the liver parboiled, fat of bacon minced very fine, and sweet herbs powdered; add to these some grated bread and spice finely powdered, with pepper and salt. With this stuffing fill the hole in the liver, which must be larded with fat bacon, and then roasted, flouring it well, and basting with butter till it is enough. This is to be served up hot, with gravy sauce having a little wine in it.

TO BROIL CALF'S LIVER

Cut it in slices, put over it salt and pepper; broil it nicely, and pour on some melted butter with chopped parsley after it is dished.

Directions for cleaning Calf's Head and Feet, for those who live in the country and butcher their own meats.

As soon as the animal is killed, have the head and feet taken off, wash them clean, sprinkle some pounded rosin all over the hairs, then dip them in boiling water, take them instantly out, the rosin will dry immediately, and they may be scraped clean with ease; the feet should be soaked in water three or four days, changing it daily; this will make them very white.

LAMB

TO ROAST THE FORE-QUARTER, &c

The fore-quarter should always be roasted and served with mint sauce in a boat; chop the mint small and mix it with vinegar enough to make it liquid, sweeten it with sugar.

The hind-quarter may be boiled or roasted, and requires mint sauce; it may also be dressed in various ways.

BAKED LAMB

Cut the shank bone from a hind-quarter, separate the joints of the loin, lay it in a pan with the kidney uppermost, sprinkle some pepper and salt, add a few cloves of garlic, a pint of water and a dozen large ripe tomatoes with the skins taken off, bake it but do not let it be burnt, thicken the gravy with a little butter and brown flour.

FRIED LAMB

Separate the leg from the loin, cut off the shank and boil the leg; divide the loin in chops, dredge and fry them a nice brown, lay the leg in the middle of the dish, and put the chops around, pour over parsley and butter, and garnish with fried parsley.

The leg cut into steaks and the loin into chops will make a fine fricassee, or cutlets.

TO DRESS LAMB'S HEAD AND FEET

Clean them very nicely, and boil them till tender, take off the flesh from the head with the eyes, also mince the tongue and heart, which must be boiled with the head; split the feet in two, put them with the pieces from the head and the mince, into a pint of good gravy, seasoned with pepper, salt, and tomato catsup, or ripe tomatoes: stew it till tender, thicken the gravy, and lay the liver cut in slices and broiled over it—garnish with crisp parsley and bits of curled bacon.

MUTTON

The saddle should always be roasted and garnished with scraped horse-radish. See general observations on roasting. Mutton is in the highest perfection from August until Christmas, when it begins to decline in goodness.

BOILED LEG OF MUTTON

Cut off the shank, wrap the flank nicely round and secure it with skewers, dredge it well with flour, and put it on the fire in a kettle of cold water with some salt, and three or four heads of garlic, which will give it a delicately fine flavour; skin it well, and when nearly done, take it from the fire and keep it hot and closely covered, that the steam may finish it; have carrots well boiled to put in the dish under it, or turnips boiled, mashed smooth and stewed with a lump of butter and salt, lay the mutton on, and pour over it butter melted with some flour in it, and a cup full of capers with some of the vinegar; shake them together over the fire till hot before you pour it on.

ROASTED LEG

Prepare it as for boiling, be very careful in spitting it, cover it with paper and follow the directions for roasting, serve it up garnished with scraped horse-radish.

BAKED LEG OF MUTTON

Take the flank off, but leave all the fat, cut out the bone, stuff the place with a rich forcemeat, lard the top and sides with bacon, put it in a pan with a pint of water, some chopped onion and cellery cut small, a gill of red wine, one of mushroom catsup and a tea-spoonful of curry powder, bake it and serve it up with the gravy, garnish with forcemeat balls fried.

STEAKS OF A LEG OF MUTTON

Cut off the flank, take out the bone, and cut it in large slices half an inch thick, sprinkle some salt and pepper, and broil it, pour over it nice melted butter with capers; a leg cut in the same way and dressed as directed for veal cutlets, is very fine. It is also excellent when salted as beef, and boiled, served up with carrots or turnips.

A shoulder of mutton is best when roasted, but may be made into cutlets or in a harrico.

TO HARRICO MUTTON

Take the nicest part of the rack, divide it into chops, with one bone in each, beat them flat, sprinkle salt and pepper on them, and broil them nicely; make a rich gravy out of the inferior parts, season it well with pepper, a little spice, and any kind of catsup you choose; when sufficiently done, strain it, and thicken it with butter and brown flour, have some carrots and turnips cut into small dice and boiled till tender, put them in the gravy, lay the chops in and stew them fifteen minutes; serve them up garnished with green pickle.

MUTTON CHOPS

Cut the rack as for the harrico, broil them, and when dished, pour over them a gravy made with two large spoonsful of boiling water, one of mushroom catsup, a small spoonful of butter and some salt, stir it till the butter is melted, and garnish with horse-radish scraped.

BOILED BREAST OF MUTTON

Конец ознакомительного фрагмента.

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