







Class _____

Book _____

THE KATHERINE GOLDEN BITTING
COLLECTION ON GASTRONOMY

Presented by A. W. BITTING

**: panē n̄m quod
dianū da nobis hodie :**

"Give us this day our daily bread"

*— the universal supplication of
all people in all times and places.*

Scare

10/

Cheap Receipts and Hints

ON

COOKERY;

COLLECTED FOR DISTRIBUTION

AMONGST THE

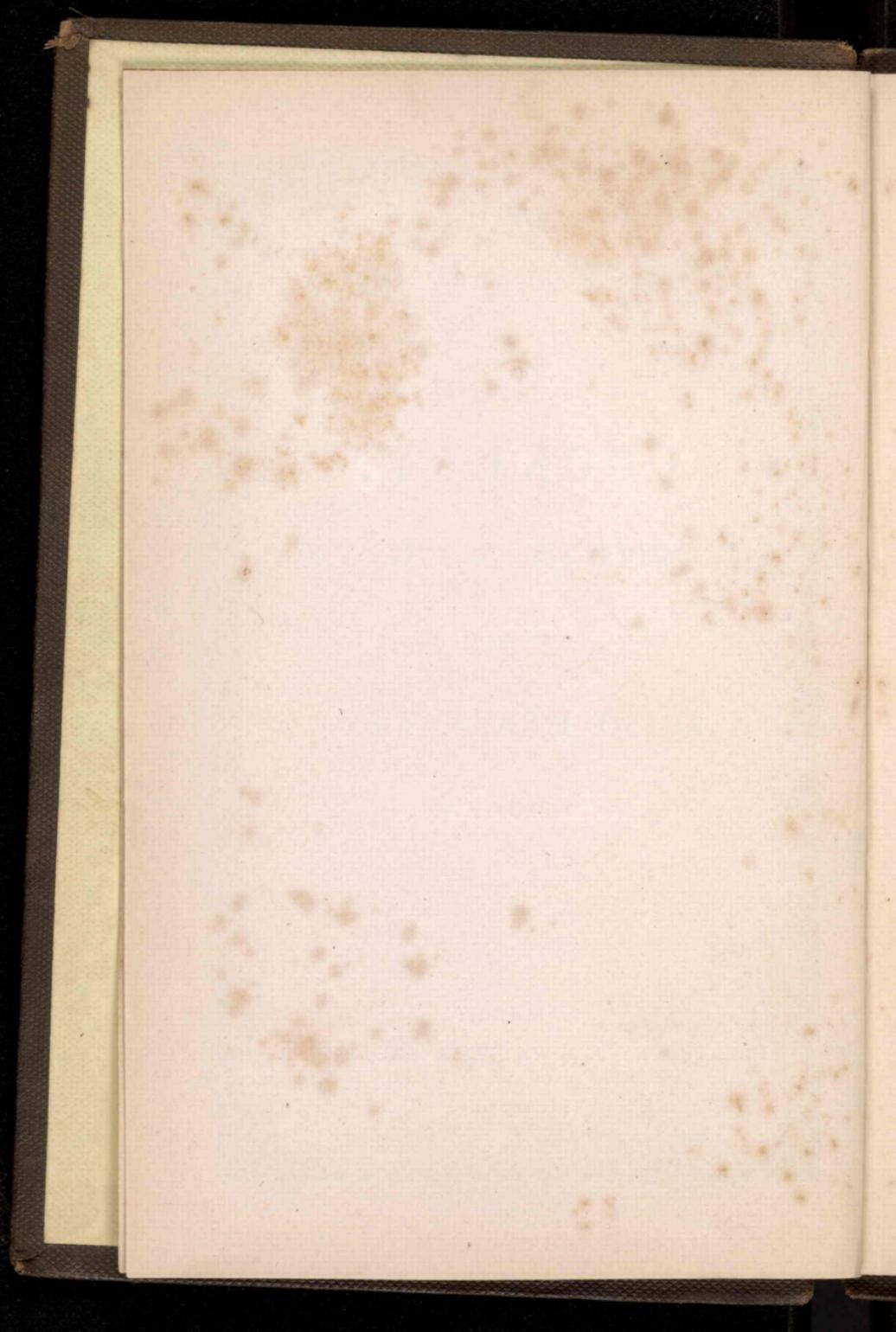
IRISH PEASANTRY

IN 1847.

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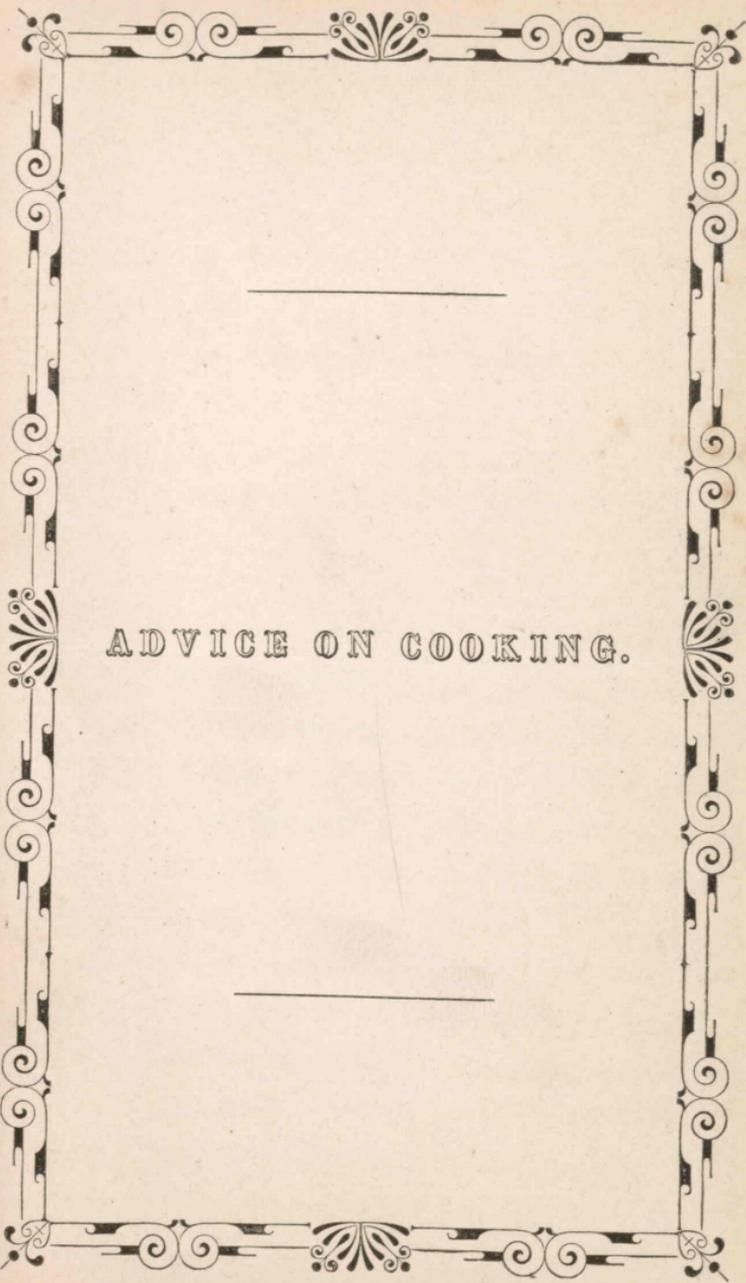
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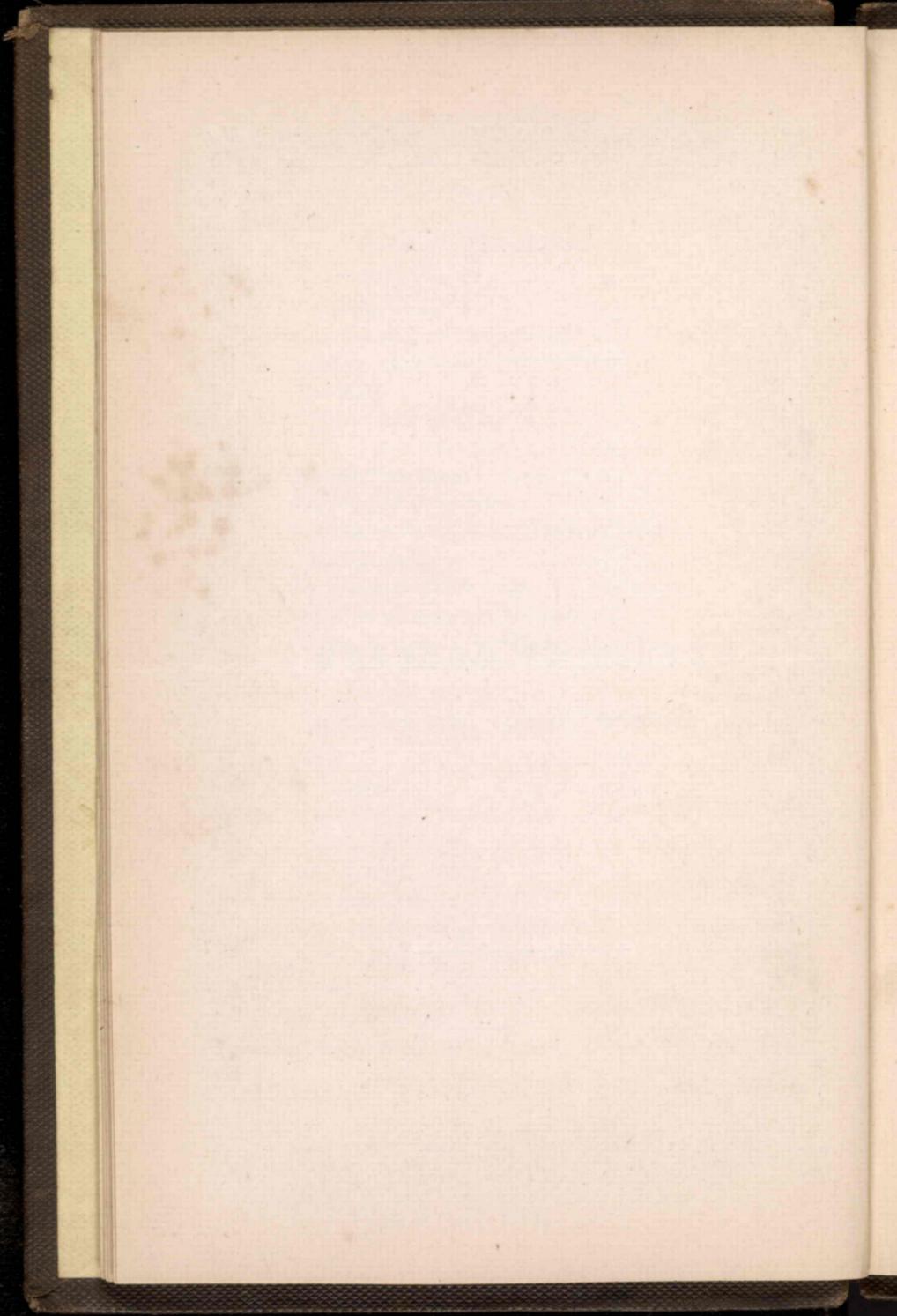
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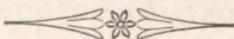
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ADVICE ON COOKING.



COOKERY.



THE ART OF COOKERY is an art upon which so much of our daily comfort and health depends, it is of the highest importance that it be well performed. Every housewife may not be able to procure the finest kinds of food; but all have it in their power to make the most of that which they do procure. By a little degree of skill and attention, very humble fare may be dressed in such a manner as to be both savoury and nutritious. A good housewife suffers nothing

to be lost or spoiled: mere scraps which a careless person would, perhaps, throw away, may be put to a proper use. The first point to be attended to in cookery is, *cleanliness*;—the hands of the cook, in particular, should be always clean—that is, washed every time after doing any kind of work which has soiled them, before proceeding to cook. She should be careful in having her hair neatly fastened up, so that no loose hairs may drop into the dishes, and also that she has no pins about her, which might be exceedingly dangerous if they fell, unawares, into the food. The next point is, to keep all the cooking utensils perfectly clean in their inner parts, and also the insides of the lids; carefully washing them with hot water, and scouring when necessary. If the cooking utensils are not kept clean, they will be apt to taint the food prepared in them, and will certainly destroy the taste of the dishes. Another essential point is, *attention*;—many persons

think they have done enough when they have set agoing any particular process in cookery—so leave the pot to boil by itself; this kind of inattention is certain to spoil the best food ever put on a fire. Some processes require less attention than others, but not one can be properly performed if left long to itself. A good cook is pretty frequent in her visits to the fire, to see how the operation of dressing is going on, and seizes the proper moment to give her assistance. If circumstances permit, it is advisable to purchase a whole week's provisions at a time—at least the chief things which will be required for the ensuing eight days. It is of considerable consequence that food should be varied;—sameness of diet is always unwholesome, whatever the quality of the food; and it does not necessarily follow, that changing the mode of cooking, or the article cooked, should increase the expense. A moist thick atmosphere is the worst for keeping meat—therefore, in

damp weather great care should be taken, by wiping the meat, daily, with a cloth; and, in all cases, meat should be hung up, and not laid on a plate. If the meat become musty, it may be completely restored by washing it in camomile tea. An old barrel, bored full of holes, and hung up in an airy place, makes a very good safe for keeping meat. If the meat is rubbed over with dry bran, and hung up in the barrel, it will keep longer than in any other way.

Vegetables of all kinds should be used as soon after gathering as possible. They begin to ferment, and lose both their flavour and wholesomeness, very soon after being taken from the ground. When it is necessary to keep them a day or two, they should be placed in a perfectly dry and cool situation, but not exposed to currents of wind. Keep, also, each kind of vegetable separate from another—and never wash, or place them in water, till immediately before being used.

The following vegetables are the most useful :—

CABBAGES,

TURNIPS,

BEET-ROOT,

CARROTS,

ONIONS, AND

POTATOES,

May be procured nearly all the year round ;

PEAS,

BEANS,

LEEKS,

PARSNIPS,

AND

PARSLEY,

Only in particular seasons.

That class of vegetables called SWEET HERBS, are very useful, and take little space in a garden. The best and most common are—

MINT,

THYME,

MARJORAM,

WINTER SAVOURY,

AND

SAGE ;

But, if bought, can be well kept by hanging up in bunches in a dry situation.

TIME NECESSARY FOR BOILING
VEGETABLES.

A YOUNG CABBAGE will take about 20 minutes or half-an-hour; when *full grown*, nearly an hour. Quarter them, if large; put them down in boiling water sufficient to cover them, with a large spoonful of salt, and boil them till the *stalks* feel tender.

STRONG OLD CABBAGES are improved by changing them into fresh boiling water, when half-done.

YOUNG SPRING CARROTS will be boiled in an hour. GROWN CARROTS must be sliced, and will take from an hour and-a-half to two hours and a-half. Pierce them with a fork to try whether they are done.

PARSNIPS require to be boiled from an hour to two hours, according to their size and freshness. Slice them, and let the parts be of equal size. When a fork can be easily passed through, they are done.

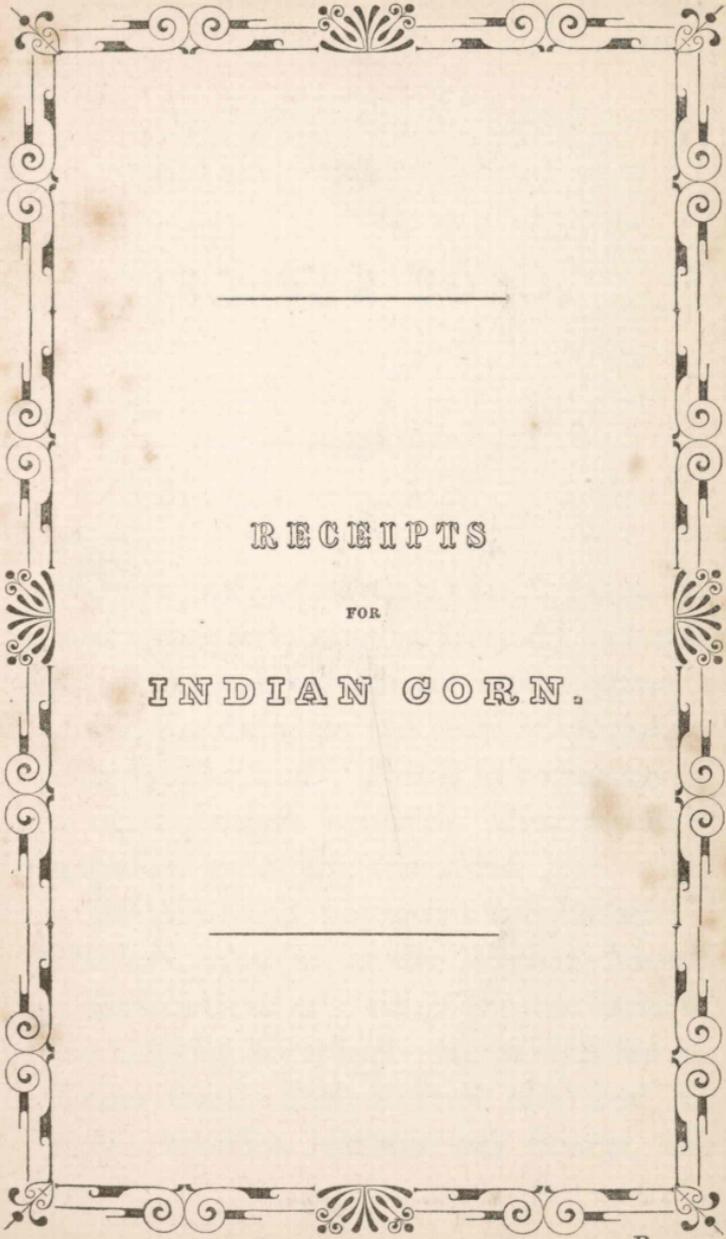
TURNIPS, when full grown, take about

an hour and a-half of gentle boiling. If large, slice them, and boil until they become tender. Before putting them down, peel off the stringy outside.

TURNIP TOPS.—The shoots, which in the spring grow out of the old turnip roots, will, if fresh and young, be done in about twenty minutes. Put them into cold water an hour before setting them on the fire—and the more water they are boiled in, the better. When the water boils, put in a small handful of salt.

BEEF ROOTS take from an hour and a-half to three hours in boiling, according to their size. They are excellent stewed. Let them be well washed and scraped, cut into slices, and then stewed until soft, with *a very little water*. Let them remain on the fire till they get a good heat, and then season with a little pepper.

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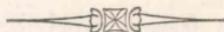
FOR

INDIAN CORN.

STRENGTH

AND WEALTH

INDIAN CORN.



WHAIZE OR INDIAN CORN, has never been extensively used in Ireland; and this has arisen from the almost total ignorance of the people as to the mode of preparing it for human food. This is to be regretted, as its nutritious qualities, when properly prepared, are of the first order.

The Canadian Voyageurs (or Boatmen), who are exposed to the severest labour, without cessation—rising at five o'clock, and working till sunset—are entirely fed on Indian Corn; they live on this food for weeks together, without any change, and

grow fat on it. It appears, that in certain districts of Ireland, there exists a difficulty in grinding the Indian Corn into meal, and preparing it for the stirabout; but the process of grinding is not necessary to prepare it for food.

The Indian Corn has a thin husk or skin that covers the grain, and it is only necessary that this should be broken, so that the water, in cooking it, may penetrate into the grain. It should be soaked over-night in warm water, changed in the morning to clean cold water, and boiled gently an hour and a-half. It is eaten with milk, with broth, with molasses, with sugar, with salt; but it is as frequently eaten and preferred alone; and when it is well thickened, and the grain soft, it makes a more solid breakfast than when ground and made into stirabout.

If there is no convenience at hand to *break* it, the same result may be obtained by soaking it in hot water all night; but it

will require to be boiled the next morning for three hours, until the grain is quite soft.

Men will endure more, work longer, and enjoy better health, on this food, than on any other that can be bought for the same money. It is excellent in all disorders arising from bad digestion. A working man, living on this preparation, does not require the use of animal food.

This way of preparing the corn is preferable to the meal, as it goes farther, and is cheaper.

Those who prefer the stirabout made from the Indian Corn *Meal*, should also be informed, that it is not less palatable or nutritious when eaten cold, and is a great convenience to the workmen in the field; it can be cut in slices and heated on the griddle. Half-an-ounce of soda is sufficient for a stone of Indian Corn Meal, and less for the same quantity of flour; but it should be used with buttermilk, as it requires an

acid with it to act. This may be used instead of yeast in making bread, if the yeast is difficult to obtain.

Be careful to observe, that Indian Corn, in all its preparations, requires *thorough cooking*; if not sufficiently boiled or baked, it loses its flavour and becomes *indigestible*. And another thing to be remarked is, that whatever you can make with *Wheat Flour* you can make with *Indian Corn Flour*.

TO MAKE A BREAKFAST OF INDIAN MEAL.

For each person, young and old, in the family, take one-quarter of a pound of meal; before going to bed at night, pour as much cold water on it as will soak it; in the morning boil one quart of water in a pan, and when it is boiling, put into it the meal which was soaked; keep it boiling for half-an-hour, stirring it occasionally. Cooked in this manner, one pound of meal will make a good breakfast for *four persons*.

TO MAKE BREAD OR CAKE OF INDIAN
MEAL.

SCALD the meal in boiling water, and make it of a proper consistency of dough, of half-an-inch thick, and bake it on tins before the fire. Those who prefer it thicker, may make it three-quarters of an inch thick.

TO MAKE EXCELLENT BREAD WITHOUT
YEAST.

SCALD about two handfuls of Indian Meal ; into which put a little salt, and as much cold water as will make it rather warmer than new milk ; then stir in wheat flour, till it is as thick as a family pudding, and set it down by the fire to rise. In about half-an-hour it generally grows thin ; you may sprinkle a little fresh flour on the top ; and mind to turn the pot round, that it may not bake to the side of it. In three or four hours it will rise and ferment, as if you had set it with yeast ; when it does, make it up

in soft dough; flour a pan; put in your bread; set it before the fire, covered up; turn it round, to make it equally warm, and in about half-an-hour it will be light enough to bake.

TO MAKE INDIAN CORN BREAD.

TAKE four stone of Indian Corn Meal, and one stone of Wheat Flour, and mix them together; mix two ounces of soda in buttermilk or sour milk, and add it to the flour, and allow some time for fermenting; after which, the dough can be made into loaves, and baked in the same manner as bakers' bread, or made into cakes, and baked on the griddle.

ASH CAKE.

THIS is made by scalding Indian Meal; then making it into dough, and rolling it out into half-an-inch thickness. It is cooked

as follows :—Make a bed, by scraping away the ashes on all sides ; roll the dough, after being made into form, between two cabbage leaves ; place it in the bed ; then cover it over with the ashes. A little practice will determine the length of time required for cooking it. It resembles the way of roasting potatoes.

GRIDDLE BREAD.

ONE pound of Indian Meal, and one pound of Rice or Oatmeal—make a THICK stir-about. When cold, cut it in slices, and bake it on the griddle.

JOHNNY CAKE.

INTO one quart of meal, stir one pint of boiling water, with salt ; spread it, on a board, an inch thick, and bake it over the fire, or otherwise on an iron, over the fire.

INDIAN CAKE.

ONE pint of sour milk, one teaspoonful of carbonate of soda, one table-spoonful of sugar, one table-spoonful of butter, one egg, salt, and stiff enough to pour.

BATTER CAKES.

[No. I.]

PREPARE a thick batter, by wetting sifted meal with cold water, and then stirring it into that which is boiling. Salt, and when it is lukewarm, add yeast; when risen, bake in thin cakes over the fire.

[No. II.]

TAKE some milk, correct its acidity with carbonate of soda, and salt and meal, to make a thick batter, and cook as before.

[No. III.]

STIR a quart of boiling water into the same quantity of meal, and a little salt and two eggs beaten, cook as before.

CORN DODGERS.

To one quart of meal, pour boiling water till thoroughly wet; add two table-spoonfuls of flour; a teaspoonful of salt; mix it well; spread it smooth in a pan; first heat and oil the pan well, then set it on the coals, till you can run a knife under and turn it round, then set it up before the fire to roast.

HASTY PUDDING.

PUT in three pints of water, and a table-spoonful of salt, and when it begins to boil, stir in meal until it is thick enough for the table. Add, if you choose, sour apple, chopped. Cook twenty or thirty minutes. Eaten with milk, butter, or treacle.

FRIED HASTY PUDDING.

CUT cold pudding into smooth slices, and fry brown, in a little butter, or pork fat.

CORN-MEAL PUDDING.

SCALD four quarts of milk; stir into it one quart of sifted meal, one cup of molasses, a table-spoonful of salt, a little spice, of any kind you like; bake it three or four hours in a pretty hot oven.

BOILED PUDDING.

INTO two quarts of meal, stir three pints of boiling water, some salt, and a gill of molasses, or treacle; spice, or not, as you choose. Tie up, in a strong cloth, or pudding boiler; put into boiling water, and cook over a steady fire for three hours.

SAMP.

THE husk or skin of the Indian Corn should be scalded or beaten off; this is put into a pot with some fat, and boiled in the same manner as pease porridge; but the Samp is more nutritious and wholesome.

EGG PONE.

BEAT up three eggs in a quart of meal, and a little milk, till it becomes thick; but not too thick to pour out; put a little salt, and bake in a tin pan. This cake should begin to bake at the bottom, when it will rise and become brown at the top, resembling what are called Pound Cakes.

TORTILLAS.

THE *whole* corn is soaked in water, until it becomes soft; a small quantity is then placed on a flat stone, and crushed into a smooth paste by a roller. When there is a sufficient quantity of paste, remove it into plates, in flat cakes, and bake them in an iron plate, quick, on a hot hearth. They

should be eaten as hot as possible ; but can, when cold, be re-baked, when they become crisp like biscuits.

M U S H.

PUT some water or milk into a pot, and bring it to boil ; then let the Corn Meal out of one hand, gently, into the milk or water, and keep stirring with the other, until you have got it into a pretty stiff state ; after which, let it stand ten minutes or a quarter of an hour, or less, or even only one minute, and then take it out and put it into a dish or bowl. This sort of half pudding, half porridge, you eat either hot or cold, with a little salt, or without it. It is eaten without any liquid matter ; but the general way is, to have a basin of milk, and taking a lump of the Mush, you put it into the milk, and eat the two together. Here is an excellent pudding—whether eaten with

milk or without it; and where there is no milk, it is an excellent substitute for bread—whether you take it hot or cold. It is neither hard or lumpy, when cold, but quite light and digestible for the most feeble stomachs.

INDIAN MEAL PUDDING.

3 lbs. Indian Meal,	6d.
$\frac{3}{4}$ lb. of Treacle,	4d.
1 ounce of Salt,	0d.
Total,.....	10d.

Put the Meal into a large bowl, with five pints of *boiling* water, stirred well together; add the treacle and salt; mix the whole well, and put it into a bag, leaving space for the swelling of the Meal; tie up the bag, and put it into a pot of boiling water. Boil for six hours, keeping the pot always full, by constantly adding boiling water. The Pudding, when taken out, weighs 10 lbs. of good solid food.

 SUET PUDDING.

UPON four pounds of Indian Meal, pour sufficient boiling water to moisten it; cover the pot with a cloth, and let it stand near the fire for eight hours; then add half-a-pound of suet, chopped fine; mix all well together; tie in a cloth, and boil for four hours. This Pudding will dine eight people, and costs—

Suet,.....	2d.
Meal,	6d.
	<hr/>
Total,.....	8d.

 INDIAN MEAL STIRABOUT.

Two pounds of Indian Meal, put into three pints of boiling water; stir it well; then leave it steeping all night. In the morning put three quarts of water into your stirabout pot, on the fire, and, when boiling, put in the Meal you have steeped; stir it well; and when it has boiled for an hour, stir in a

pound of Oatmeal, and let it boil half-an-hour. This stirabout, when cold, can be cut into slices, and made into bread; or it may be cut in pieces, and fried in a pan with a little lard or butter, with the addition of a little pepper and an onion.

SWEET PUDDING.

Four pounds of Indian Meal; pour sufficient boiling water on it to soften it; cover the vessel with a cloth, and let it remain near the fire for eight hours; then add half-a-pound of suet, chopped small; mix all well, and boil for four hours.

ANOTHER EXCELLENT DISH,

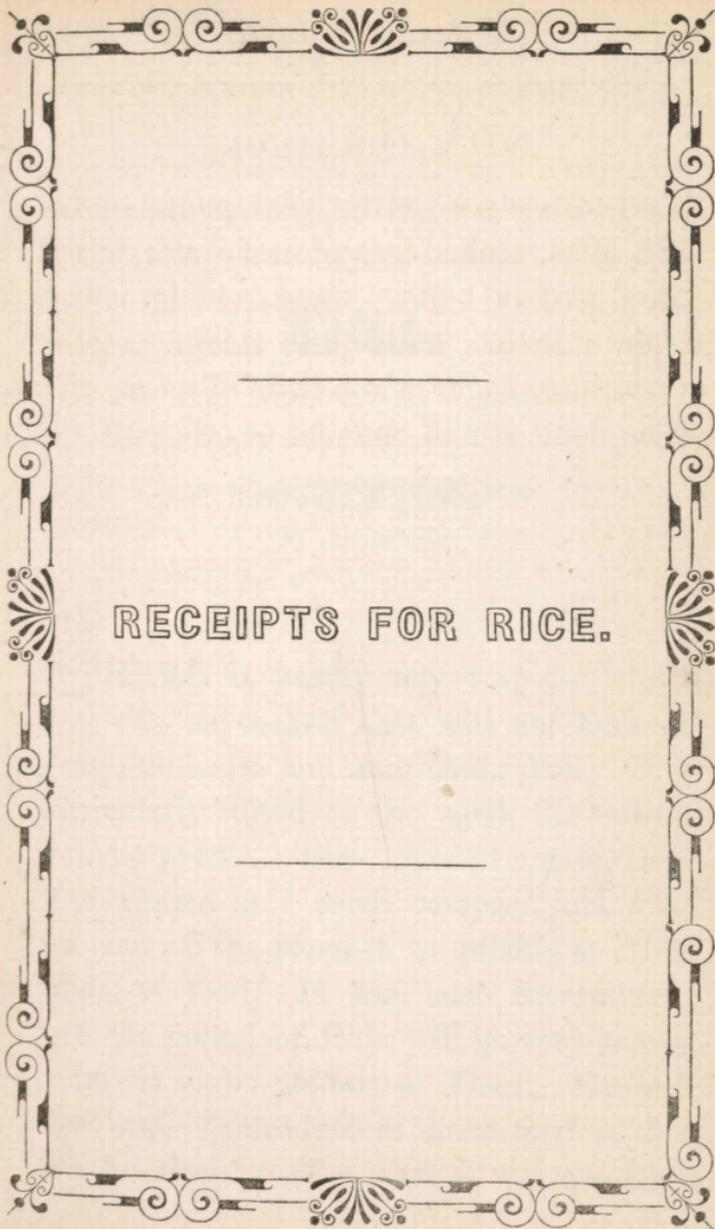
*Which is much used in Hungary, where they live much on
Indian Corn,*

Is a Liver chopped fine; mixed as above; flavoured with a little salt or pepper.

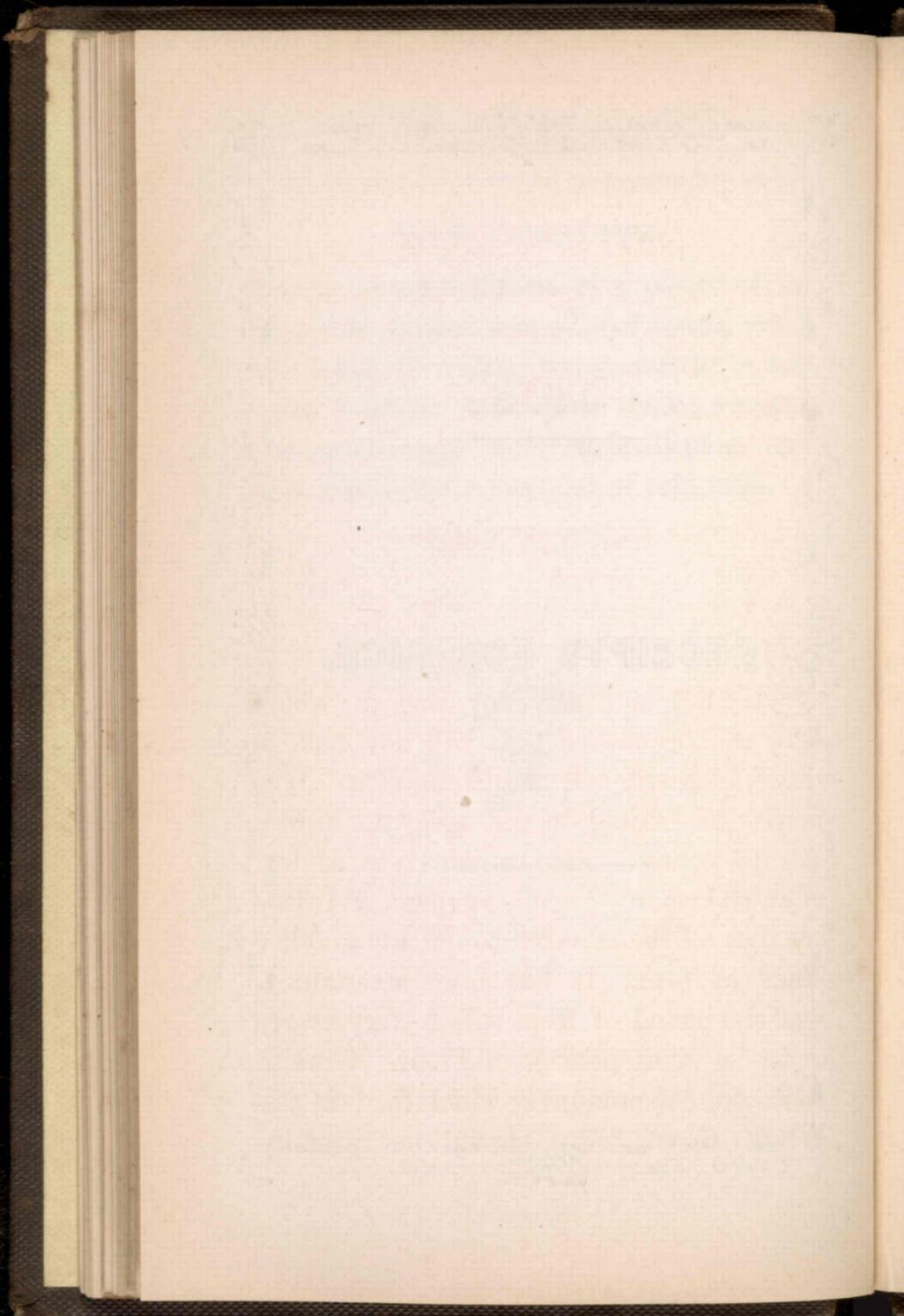
MILK PORRIDGE.

HAVING ready a-quarter of a pound of Indian Meal, soaked in a pint of water, stir it into a pint of boiling water, and let it boil a few minutes, until quite thick; sweeten with coarse sugar and a little allspice; and when done, stir in one pint of cold milk.





RECEIPTS FOR RICE.



RICE.



HERE is hardly any way in which Rice can be cooked that will not make a cheap, pleasant, and nourishing dish. It is particularly suited to the aged, the infirm, and the young. Rice contains a great deal of nutriment in a small compass, and does not pass off the stomach so quickly as other kinds of food. It has been ascertained, that one pound of Rice will go very nearly as far as eight pounds of Flour. Ground Rice does not produce so much food as the Whole Rice. Rice should be carefully

washed in cold water, to free it from dust, before using it, and dropped gradually into a pot of boiling water, by which means *every grain* will be properly cooked. It usually takes twenty-five minutes boiling; but by taking a grain out of the pot, and trying it between your finger and thumb, you can ascertain if it has been boiled enough; as if properly done it will *rub away*. It should then be strained, and a cup of cold water poured over it to stiffen it; put back into the pot; covered over, and kept warm on the hob till required. The water Rice has been boiled in is, when sweetened with sugar, an excellent drink for the sick.

SAVOURY RICE.

PUT one pound of Rice into three quarts of boiling water; let it remain for twenty

minutes ; then skim the water, and add one ounce of hog's lard, or dripping, and a little salt, and let it simmer gently over the fire, closely covered, for an hour and a-quarter, when it will be fit for use. If it is to be kept, it should be set in an earthen pan, covered with a wooden cover. It will produce rather more than eight pounds of Savoury Rice.

RICE AND TURNIPS.

Boil a-quarter of a pound of Rice, in water, till soft ; boil some Turnips separately ; when soft, press the water out, and thoroughly mash them. Mix the Rice and Turnips, adding some butter, lard, or dripping, with pepper and salt.

For this dish one-third of Rice is required to two-thirds of Turnips.

 SALT FISH AND RICE.

A Red Herring, or four ounces of lean Bacon, cut in pieces,.....	1½d.
Three Onions, and a few Peppercorns, Thyme, and Parsley,	0½d.
Boiled in three pints of water, three-quarters of an hour, with one pound of clean-picked whole Rice,	4d.
Total,	<hr/> 6d.

LET it boil exactly three minutes ; then let the pot stand by the side of the fire ; the Rice will swell, take up all the water, and become quite soft. If properly done, it will weigh nearly five pounds, and will completely dine five men—as it frequently did in the year of scarcity, 1800. If the Rice is not sufficiently soft, add a little more water, as it stands by the fire.

 BOILED RICE.

THREE pounds of Rice, boiled in a pudding bag, tied so loose that it would hold five

pounds, will fill the bag, and turn out five pounds of solid pudding. It may be eaten with milk and a little coarse sugar or treacle; or stirred up with dripping or lard, with a little pepper and salt; or a couple of red herrings cut up fine, according to taste.

A N O T H E R .

ONE pound of Rice; five pints of cold water; let them boil gently for two hours, when it will be like thick paste; then stir in a quart of skim milk, with either pepper and salt, or treacle, or sugar; let it boil again gently, stirring it well till it is all united.

R I C E P U D D I N G S .

[No. I.]

A CUPFUL of Rice, steeped in water for some time, may be tied up in a cloth, with or without raisins, and boiled; turn it out on

a dish, and pour over it some treacle and water, or a little milk and sugar. Care should be taken to leave room for the Rice to swell.

[No. II.]

A-QUARTER of a pound of Rice, boiled slowly, in a quart of milk, with a little sugar and cinnamon, till it has soaked up all the milk. It must be stirred frequently while boiling; when done, have a basin ready, dip it in cold water, to prevent it sticking; pour in the Rice, and turn out cold; serve it up cold. It may be eaten with or without milk. In summer it is a nice supper dish.

RICE FRITTERS.

BOIL Rice slowly, with either water or milk, and let it burst to a paste; turn it out on a dish, till cold, then cut it into convenient

sized pieces, and fry it on a pan with a little lard or butter; dish it, and dust it over with sugar.

RICE PORRIDGE.

ONE pound of Rice and four quarts of boiling water; let it stand for twenty minutes; skim it; put the pot on the ashes, and let it stand till the water has boiled off; stir it occasionally when simmering, then add one onion, one ounce of salt, one teaspoonful of ground pepper, and one pound of Meal. You may also add a small piece of lard or bacon fat, and eight pounds of food is produced.

RICE BREAD.

FOUR ounces of Rice, boiled as before; add a small cupful of milk, and make it into dough, with six ounces of either Flour, Wheat Meal, or Oatmeal; bake it on a griddle or in an oven.

PORRIDGE OR STIRABOUT.

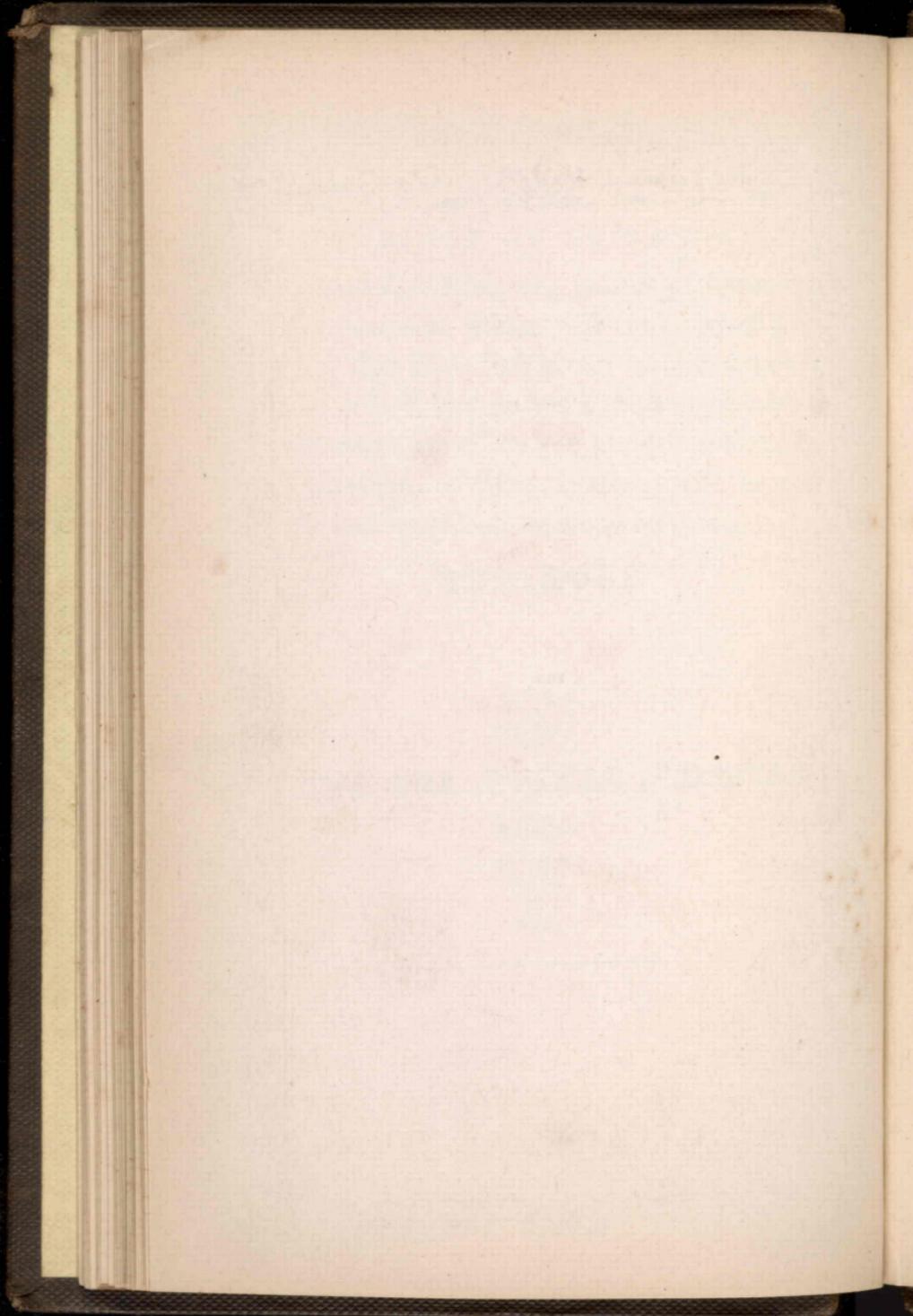
ONE pound of Rice, one pound of Oatmeal, to six quarts of water, will make good porridge. The Rice had better be steeped over night, in half the water, and the rest added in the morning, when you are going to make the porridge. When boiling, stir in the Meal, and let it boil an hour or more.



RECEIPTS

FOR

OATMEAL, BARLEY, AND RYE.



OATMEAL,

SCOTCH BARLEY, AND RYE.



EW things go farther than Scotch Barley—that is, common Barley, with the husk taken off. Pearl Barley is the same thing, only brought down to a smaller size. Scotch Barley contains a great deal of nourishment, and is very cheap food; but few people understand dressing it. Unless boiled at least four hours, it will be hard, and altogether fail. A very little meat boiled with it, makes a warm nourishing dish for a family, at half the price for which they could be fed on bread. It is also good

with milk, or with water, or any kind of herbs. In feeding a pig, one pound of Barley Meal will do as much as one stone of Potatoes. Rye is much used for bread in all parts of the Continent, and in Wales, and some parts of England and Scotland; and it is often mixed with Wheat Flour for that purpose. It is also a good substitute for Coffee. The modes of dressing Oatmeal are so well known, that a very few receipts are necessary.

OATMEAL PUDDINGS,

IN SKINS.

WHEN the skins are thoroughly cleansed, rinse them in salt and water, cut them in lengths of half-a-yard each, and lay them on a cloth to dry; then prepare the stuffing thus:—One pound of Oatmeal, half-a-pound of suet, or lard, shred small; an onion or two, parboiled and chopped small; mix all together, with a little pepper and salt; then

fill the skins—but leave room for the meal to swell; throw them into a large pot of boiling water, and when they appear blown up with air, prick them, or they will burst. Boil them half-an-hour, and when dry, hang them up. When they are to be used, boil and broil them.

They are to be tied in links, like the black puddings.

GRUEL.

TAKE a teacupful of Oatmeal, and put it into a basin; mix it well with a small quantity of water; strain this water off; do the same a second time; by this means all the coarse parts of the Oatmeal will be rejected. Put the water strained from the Oatmeal into a pot, and boil for twenty minutes—stirring the whole time. The Gruel is now ready.

Some people like it seasoned with salt, others with a little sugar.

BLACK, OR HOG'S PUDDINGS.

SAVE the pig's blood in a basin, and keep stirring it, with a little salt, to prevent its getting thick.

Boil a small quantity of groats, for ten minutes; pour the water from them; and, when cold, put it to the blood, with a little Oatmeal, some of the fat from the inside of the pig, cut into small pieces, some pepper and salt, and a few onions, cut small; fill the skins rather more than half full; tie them in links; prick them when boiling, otherwise they may burst. Keep them in a dry cloth till you use them, when they must be toasted or broiled.

Some people put in a little sage as seasoning.

FADGE.

TAKE a pint of Wheaten Meal, and mix it well with water, till it is a thick paste; bake it on a griddle. It is best made about an

inch thick—rather more than less. Some people put in a pinch of carbonate of soda, to make it rise; others put in a small bit of butter, melted, and rubbed into the paste.

PAN KAIL.

Half-a-pint of Oatmeal,	1 $\frac{1}{4}$ d.
Three large Cabbages, or a proportionate number of smaller ones,	2d.
Two ounces of Butter and Salt,	1 $\frac{1}{2}$ d.
Two quarts of water,	0d.
Total,.....	<hr/> 4 $\frac{3}{4}$ d.

MINCE the cabbages very small, and boil them in the water; when tender, thicken with the Oatmeal, and add the butter and salt. It should be thick pottage.

SCOTCH BARLEY PUDDING.

TAKE one-quarter of a pound of Scotch Barley, wash it clean, and boil it well in a

pint of water, until the water has quite boiled away; pour one pint of milk into a dish, and sweeten it, either with sugar or treacle; add a spoonful of suet, picked clean, or a little butter; then bake it, either in an oven, or beside the fire, for an hour and a-half. If it is preferred boiled, tie up the bowl or dish in a towel, and boil it for an hour.

BARLEY WATER.

THIS is an excellent drink for the sick. To make a quart—wash a teacupful of Barley in cold water; after which, throw the water away. Put the washed Barley into a pot, with a little boiling water; after boiling a few minutes, throw this water away also; then fill the pot with two quarts of boiling water, and continue boiling until there is only one quart left.

TO COOK BARLEY.

TAKE one pound of common Barley ; steep it for an hour in plenty of cold water ; pour the water off ; put the Barley into a saucepan, with one gallon of cold water ; let it come to the boil ; then let it simmer, gently, on some coals on the hearth for four hours. This is the secret of bursting Barley. Put a teaspoonful of allspice or pepper into it when doing. It may be eaten either with salt, sugar, or treacle, and is wholesome and nourishing for children.

R Y E

ROASTED along with a little Butter, and used as Coffee, can scarcely be distinguished from it.

BARLEY AND MILK.

TAKE about two teacups full of Pot Barley ; put it on with cold water, and boil for two hours, till the water is all gone ; then put

in milk and a little salt, and boil. This is a favourite dish in Scotland, when the potatoes are over.

SCOTCH BROSE.

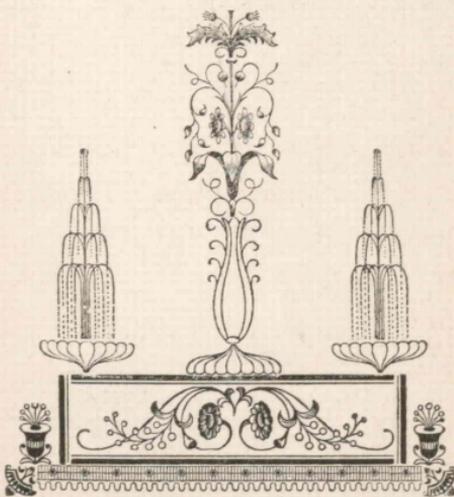
TAKE a lump of butter, or lump of dripping, or kitchen stuff, or bacon fat; put it in the middle of the dry Oatmeal, and pour boiling water upon it, stirring it a little.

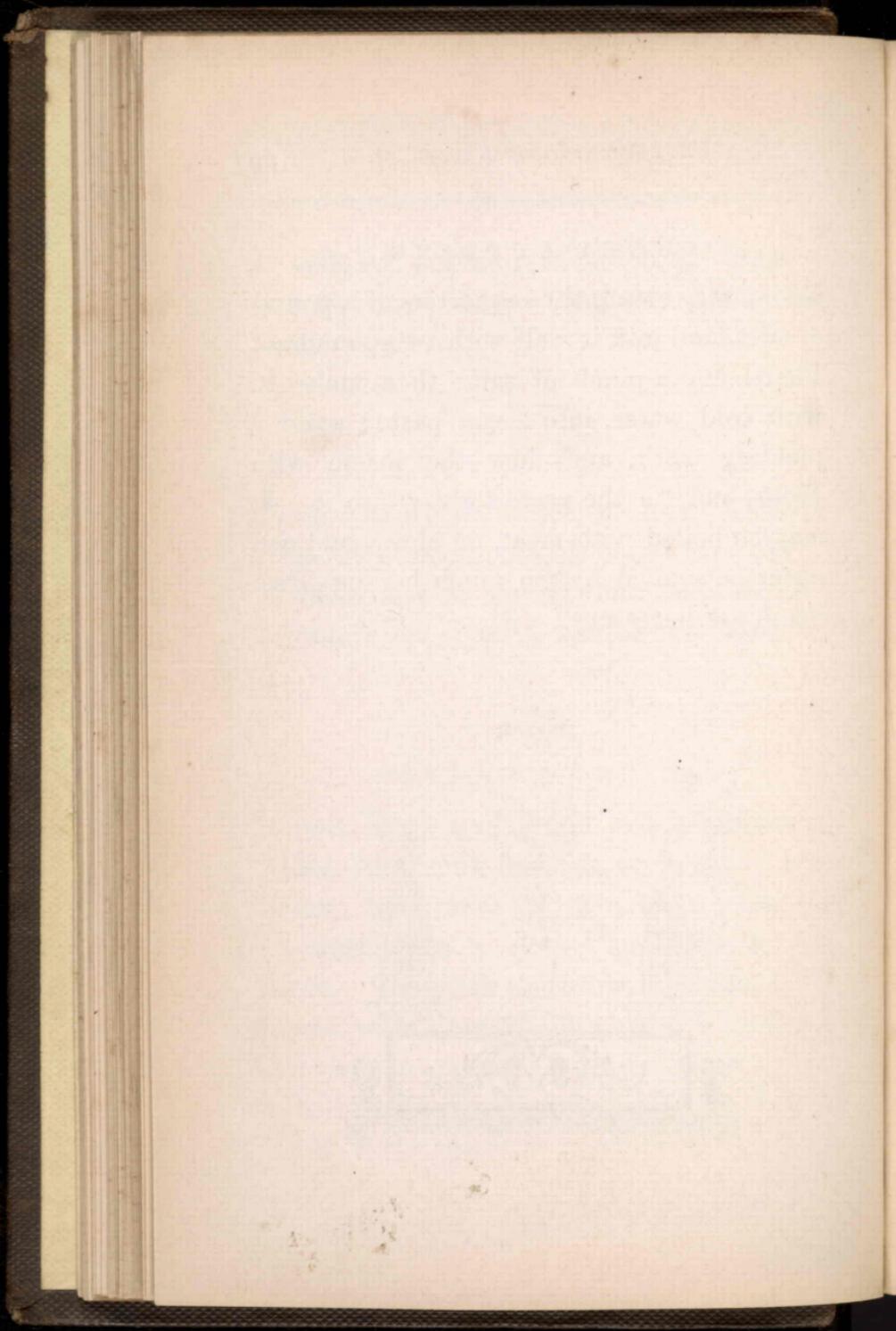
BATTER PUDDING.

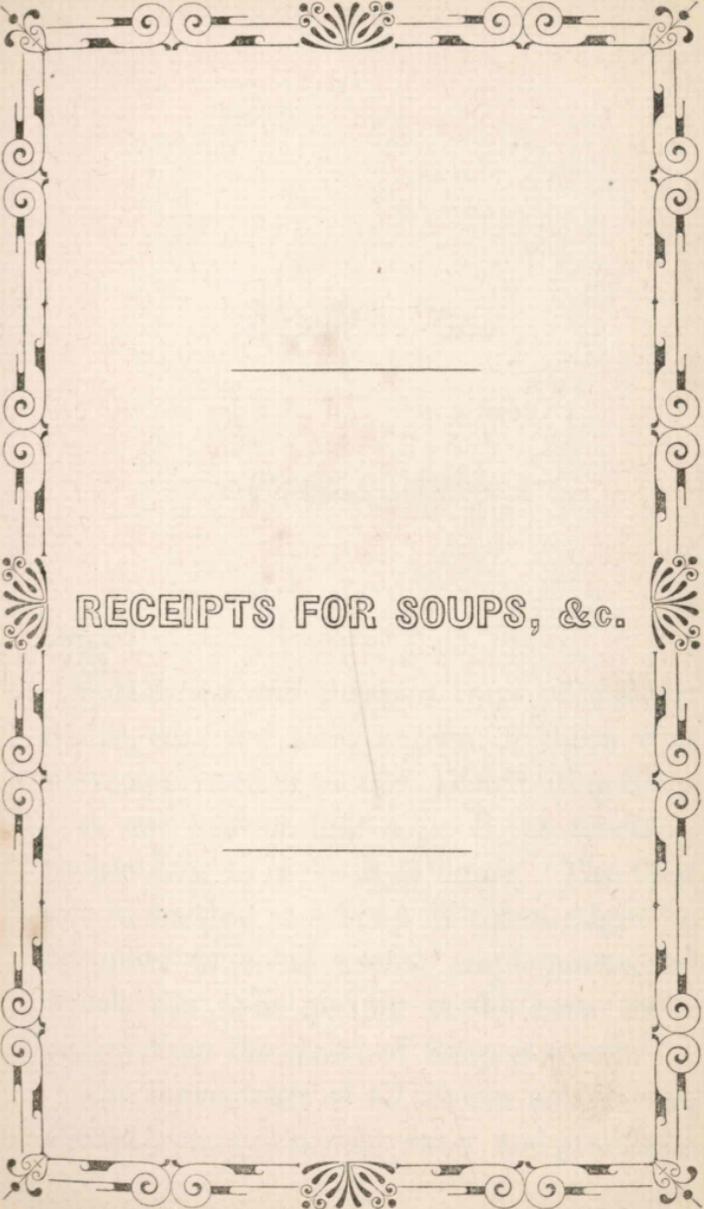
THREE Eggs, one pound and a-quarter of Flour, and milk enough to make a stiff batter; beat them up in a basin; and tie up tightly, in a cloth; and boil it two hours. The cloth must first be scalded, and dusted with Flour; and when the pudding is boiled (to make it turn out easily), pour a little cold water over the cloth, on taking it out of the pan.

SWEET PUDDING.

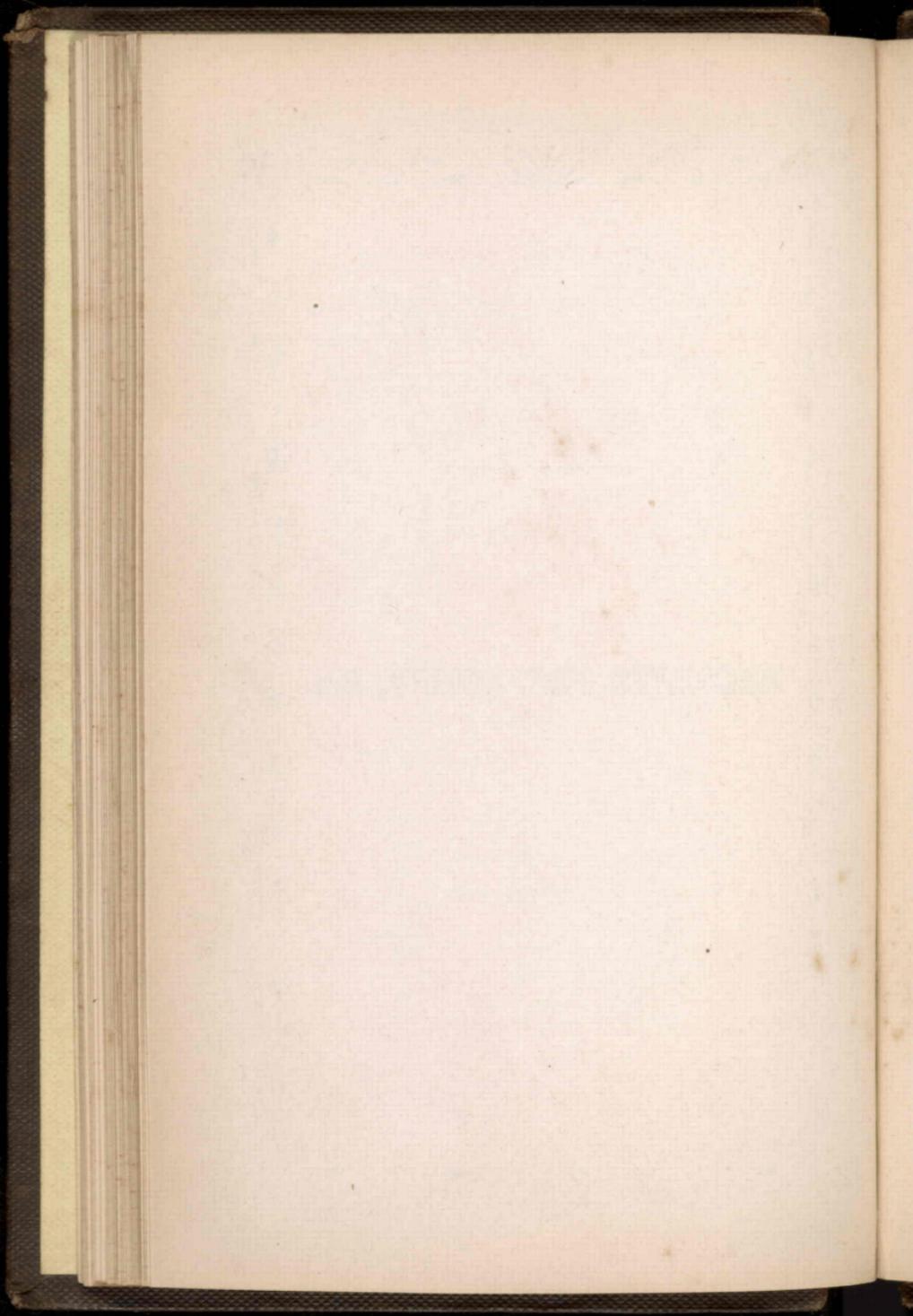
CHOP, very small, three-quarters of a pound of suet, and mix it well with two pounds of Flour, and a pinch of salt; then make it, with cold water, into a stiff paste; scald a pudding cloth, and dust the inside with Flour, and tie the paste tightly into it. It may be boiled with meat, or alone, and can never be spoiled by too much boiling—two hours are necessary.







RECEIPTS FOR SOUPS, &c.



SOUPS, &c.



HE best and cheapest ways of making Soups, &c., are least known to those who have most need of them. Distributing Soup does not answer half so well, as teaching people how to make it at home. The time lost in waiting at a Soup Kitchen might be occupied in some useful employment, by which the poor people could earn more money than the quart of Soup is worth.

The ingredients of all SOUPS and STEWS, should be mixed in cold water, and gradually

heated. Peas should be soaked in cold water, at least two hours before being used. Soup, in which they are used, must be made with *soft* water, as they will not mix with *hard* water, unless a lump of soda is put into it.

Barley, Rice, or Oatmeal, should be used in preference to Peas. When Rice is used, it should always be added when the Soup boils.

If Meat is turned into BROTH or STEW, it will go much farther than if baked or roasted.

SHEEP'S HEAD BROTH.

A SHEEP'S HEAD, two or three handfuls of Barley or Rice, two or three onions and turnips, and a little parsley, stewed for two hours and a-half, in three quarts of water, makes a cheap and good dinner.

FISH BROTH.

HALF-A-POUND of small Eels, Grigs, or any kind of fish ; set them on with three pints of water, an onion, a few peppercorns, and some parsley ; let it simmer till the fish are broken, and the liquor reduced to one-half.

If the Fish are not salted, season with a little salt, and then strain it.

SCOTCH COCKY LEEKY SOUP.

TAKE an old Cock, or Hen, and a handful of leeks, cut in pieces about an inch long ; pepper and salt ; boil, slowly, about an hour ; then put in as many more leeks, and give it an hour longer. If the fowl is very old and tough, it must be boiled longer at first than one hour.

MRS. HALL'S STEW.

ONE pound of turnips, sliced ; two onions, sliced ; half-a-pound of Rice ; put layer

about, in a stew pan, with a little bacon, or any other fat meat; pepper and salt; stew, gently, for two hours.

COD'S HEAD SOUP.

TAKE a Cod's Head (which, in most places, you can get for four-pence), and simmer it in four quarts of water, for six hours; slice an onion, and a carrot; take a bit of butter, which is to be rolled up in Flour, like a paste, and put them all into the pot, along with a spoonful of Flour, and pepper, and salt, according to taste; let them all stew together, for some time; when done, if allowed to grow cold, it will become a jelly.

DEVONSHIRE SOUP.

CUT in pieces one pound of any kind of meat; slice two onions, and two carrots; take a pint of whole, or split Peas, or Pease-

meal, and two ounces of Rice ; season it with pepper and salt ; put all these ingredients into an earthen pot, with a gallon of water, and cover it with the lid ; and stew them until thoroughly done.

A FISH SOUP.

GET five or six Perch, or a four-pound Pike ; or a similar weight of any fish ; wash and clean them well ; they need not be quite fresh ; boil them in five pints of water, in a covered pot, for half-an-hour, so that the flakes, or eatable part, will separate from the bones quite easily ; put it on a plate ; cover it over, and lay it by ; re-place the bones and skin in the water, and let them stew, on a slow fire, till the water becomes rich, and tastes of fish ; cut four onions, in thin slices ; flour them slightly, and fry them ; then put them into the bone liquor, and stew again, till the onions are almost

dissolved. Half-an-hour before you want the Soup, strain off this liquor; put into it the fish that was laid by, and then boil the whole up gently; season with a little pepper and salt.

SOUP FOR THE POOR.

Two gallons of water; three-quarters of a pound of Oatmeal; one-quarter of a pound of common Barley; two pounds of carrots and turnips, grated; four pounds of turnips and cabbage, cut into small pieces; a couple of leeks or an onion; to be boiled three hours—the Oatmeal added, when the Soup comes to the boil. If Peameal can be procured, it is better than Oatmeal. This costs three-halfpence per gallon.

SOUP MEAGRE (DUTCH).

TAKE the heart of a cabbage, or a well-grown savoy; one, two, or three turnips,

according to size ; a large carrot, cut small ; two heads of celery ; and boil them in two quarts of water, till it is reduced to three pints ; then add two onions, cut in pieces, and fried with a few crumbs of bread ; season with pepper and salt ; and stew altogether, for another hour. The goodness of this Soup depends on its not being allowed to boil too rapidly, and its stewing the proper length of time.

BROTH WITHOUT MEAT.

TAKE three or four good juicy onions ; slice them, and put them in a stewpan ; and brown them along with a-quarter of a pound of dripping, or butter, and a little Flour and salt ; fry them till they are quite soft, and look quite brown ; then put in a quart of cold water, with a carrot and turnip, sliced ; also, a cupful of Rice or Barley ;

and boil for an hour ; after which, add a quart or more of boiling water ; boil for half-an-hour longer, and season with pepper and salt.

SCOTCH HODGE PODGE.

ONE pound of Mutton or Beef, cut into pieces ; cut four carrots, and as many turnips, into slices ; put on four quarts of water, with half the carrots and turnips, and a whole one of each, with a pound of dried green peas, which must have been in soak the night before ; let it boil two hours ; then take out the *whole* carrot and turnip ; bruise them, and put them back again ; put in the meat, and the rest of the carrots and turnips ; some pepper and salt ; and boil slowly for three-quarters of an hour. A short time before serving, add an onion or two, cut small.

SCOTCH BROTH.

PUT pieces of Mutton, or Beef, into a kettle, with plenty of water, and half-a-pound of Scotch Barley; four onions, six turnips, and three or four carrots, cut small, and boil it three hours, gently. Put a little pepper and salt to it; the kettle to be kept close covered, while boiling. Rice may be put instead of Barley—or Oatmeal, mixed with cold water—and put in after it begins to boil.

A N O T H E R .

PUT a Shin of Beef, or Beef Bones, well broken and washed, into a large kettle, or crock, with plenty of water, and boil it for three hours; then put in some onions, turnips, and carrots, and half-a-pound of Oatmeal, mixed with a little cold water, and boil it an hour and a-half longer; season it with pepper and salt.

DOCTOR KITCHENER'S RECEIPT

TO MAKE A

GALLON OF BARLEY BROTH.

PUT four ounces of Scotch Barley (first washed in cold water), and four ounces of sliced onions, into five quarts of water; boil, gently, for one hour, and pour it into a pan; then put into the saucepan, from one to two ounces of clean beef or mutton dripping, or melted suet, or two or three ounces of fat bacon, minced; when melted, stir into it four ounces of Oatmeal; rub them together till you make a paste; now add the Barley Broth; at first, a spoonful at a time, then the rest by degrees, stirring it well together, till it boils. To season it, you may put a drachm and a-half of ground black pepper, or allspice, into a teacup, and mix it up with a little of the Soup, and then pour it into the rest; stir it thoroughly together; let it simmer, gently, a-quarter of an hour

longer; season it with salt, and it is ready. The flavour may be varied by doubling the portion of onions; or, instead of Oatmeal, thicken it with Peas, and make it savoury with fried onions.

S O Y E R ' S S O U P .

[No. I.]

I FIRST put one ounce of dripping into a saucepan (capable of holding two gallons of water), with a-quarter of a pound of leg of Beef, without bones, cut into square pieces, about half-an-inch, and two middling-sized onions, peeled and sliced. I then set the saucepan over a coal fire, and stirred the contents round, for a few minutes, with a wooden spoon, until fried lightly brown. I had then ready washed, the peeling of two turnips, fifteen green leaves, or tops of celery, and the green part of three leeks, the whole of which, I must observe, are

always thrown away. Having cut the above vegetables into small pieces, I threw them into the saucepan with the other ingredients, stirring them occasionally over the fire, for another ten minutes; then added half-a-pound of common Flour—any farinaceous substances would do—and half-a-pound of Pearl Barley, mixing all well together. I then added two gallons of water, seasoned with three ounces of salt, and a-quarter of an ounce of brown sugar, stirred occasionally, until boiling, and allowed it to simmer very gently for three hours; at the end of which time I found the Barley perfectly tender.

This Soup will keep several days, when made as above described.

The above Soup has been tasted by numerous noblemen, members of Parliament, and several ladies, who have lately visited my kitchen department, and who have considered it very good and nourishing.

The cost, at full price, was as follows:—

Quarter of a pound of leg of Beef, at 4d. per lb.,	1d.
One ounce of Dripping fat, at 4d. per lb.,	0¼d.
Two onions and other vegetables,	1d.
Half-a-pound of Flour (seconds), at 1½d. per lb.,	0¾d.
Half-a-pound of Pearl Barley, at 3d. per lb.,	1½d.
Three ounces of Salt, with half-an-ounce of brown Sugar,	0¼d.
Fuel,	1¼d.
Two gallons of water,	0d.
Total,	6d.

The above expenses make it come to three farthings per quart, in London; but, as almost every thing can be had at much less cost in the country, the price of this Soup will be still reduced. In that case a little more Meat might be used; and by giving away a small portion of bread or biscuit, additional support would be given to the poor at a trifling cost; and no one, it is to be hoped, hereafter, would hear of the dreadful calamity of starvation.

THE RECEIPT FOR THE SOUP

[No. II.]

THIS can be made cheaper, and in less time. Proceed as Receipt No. I. explains (as regards the fat, meat, onions, and the other vegetables), but add one quart of water upon the whole, which you let boil twenty minutes, stirring now and then, to prevent burning; or else, if convenient, set it by the side of the fire, and add one pound of maize; mix well together, and fill the stew pan with six quarts of water; season as above; let it boil or simmer one hour; skim lightly, and it is then ready for use.

OX-CHEEK SOUP.

AFTER the Ox-Cheek is nicely washed and cleaned, all the ingredients are mixed, and stewed together, for six hours; then the Cheek is taken out, and the best parts of the meat being cut off the bone, the latter,

with the gristle, is put back into the Soup, which is stewed another six hours; meanwhile, the meat is cut up into small pieces, and put into the Soup, about ten minutes before it is taken from the fire; the bones are then removed. Three or four times stirring the ingredients, during the whole time, will be sufficient.

4 lbs. of Ox-cheek,..	6d.
$\frac{1}{2}$ lb. of Rice,	1 $\frac{1}{2}$ d.
Half-a-pint of Oatmeal,.....	1 $\frac{1}{4}$ d.
Onions, Salt, and Pepper,.....	1d.
12 pints of water,	0d.

Produce ten pints of good thick Soup for 9 $\frac{3}{4}$ d.

A GALLON OF BROTH FOR A GROAT.

Put four ounces of Scotch Barley (previously washed in cold water), and four ounces of sliced onions, into five quarts of water; boil, gently, for one hour, and pour it into a pan; then put into a saucepan, two

or three ounces of fat Bacon, minced; when the Bacon is heated, stir in four ounces of Oatmeal; rub these together well, and if this be properly managed, the whole of the fat will combine with the Barley Broth, and none appear on the surface; now add the Barley Broth—at first, a spoonful at a time, then the rest by degrees—stirring it well together till it boils. Put a drachm and a-half of ground black pepper, into a teacup, and mix it up with a little of the Soup; then pour it into the rest; stir all thoroughly together; let it simmer, gently, a-quarter of an-hour; season it with salt, and it is ready.

EXCELLENT FISH SOUPS

MAY be made with a Cod's Skull, or Skate, or Flounders, &c., boiled in no more water than will just cover them, and the liquor thickened with Oatmeal, &c.

P E A S S O U P .

TAKE a pint of split Peas ; soak them in cold water two hours ; and soak half-a-pound of Bacon, for the same time, in another pan ; drain off the water which the Peas do not soak up, and boil them in four quarts of water, with onions, celery, or any other vegetable, for about three hours, stirring the Peas every quarter of an hour, to keep them from the bottom, till they are quite soft ; do not add salt, or the Peas will not become soft ; thicken with two or three spoonfuls of Indian Meal ; put in the Bacon now, and let all boil gently for another hour, or until the Bacon is done.

A C H E A P S O U P .

[No. I.]

FOUR ounces of fat Bacon, with two pounds of Oatmeal, and plenty of turnips, carrots, and leeks, put down with two gallons of water

(observing the directions already given for combining the fat and meal), and boiled very slowly, will make six quarts of nutritious Broth, which, with any kind of stale, or hard bread, will give dinner to six people, at one penny each.

Half-a-pint of Scotch Barley, 1½d.

Half-a-pint of Oatmeal,..... 1¼d.

Two ounces of Dripping, or melted Suet, two onions, one tablespoonful of Celery Seed, one of Salt, one teaspoonful of Pepper,... 1½d.

Five quarts of water to produce eight Pints of Soup for 4¼d.

[No. II.]

Put half-a-pint of Peas into three quarts of cold water; and when it boils, take one head of celery, two turnips, one carrot, and two onions, cut up, and fried in two ounces of dripping; add these to the Peas, and boil two hours; pepper and salt to flavour. Instead of Peas, it can be thickened with

Oatmeal. When Oatmeal is used ; put the vegetables into boiling water ; and as soon as they are done, take three tablespoonfuls of Oatmeal, mix it in a little cold water, and add it to the Soup. Cost—four-pence.

ANOTHER PEAS SOUP.

To three quarts of boiling water, add a pint of Peas, and let them boil till tender ; then mash them together, so as to form a paste ; and put them back into the water, along with a quantity of carrots, turnips, celery, (if you have any), all cut into small pieces, with some sliced onions. After this, let the Soup simmer, gently, for a couple of hours ; and, if too thin, thicken it with a handful of Oatmeal ; season it with pepper and salt, and a little dried mint, and it will serve for a family of four, during two days.

Split Peas are commonly used, yet whole Peas (if “boilers”) are not only quite as good, but cheaper. The cost will be at the

most 3d. ; or, if Oatmeal be used, a pint will be sufficient, the usual price being only 2d. ; but Pea Soup is the more preferred of the two.

The Peas should, however, be always left to soak during the night, and the next day made into Soup, with soft water, for, if hard water be used, the Peas will not become tender, or mix into that smooth consistency which is necessary to make it good.

If soft water cannot be had, a small piece of soda, put into the water, will have the same effect.

PEAS SOUP WITHOUT MEAT.

PUT two pounds, or pints of Peas, in five quarts of water ; boil for four hours ; then add three or four large onions, two heads of celery, a carrot, and a turnip, all cut up ; season with salt, according to taste ; boil for two hours longer. If the Soup becomes too thick, add a little water. The Peas

may be boiled the evening before being used; and the longer they are boiled, the smoother the Soup will be. Do not put in the other vegetables till the day the Soup is to be used.

PORRIDGE OF GREEN PEAS, ONIONS,
OR LEEKS.

IN two quarts of water, boil a pint and a-half, when shelled, of Green Peas, or twelve good-sized Onions or Leeks; have ready four spoonfuls of Oatmeal, which has been mixed in a quart of milk; which stir in, and keep stirring, till the whole boils up, and thickens. Season with a little pepper and salt, and a little bit of lard or dripping.

VEGETABLE SOUP.

TAKE the heart of a cabbage, or some cabbage sprouts, or spinach, two or three turnips, and carrots, cut small, and a little

bruised celery seed—if you cannot get it in the root—and boil them in about three pints or two quarts of water, for an hour. When done enough, slice three good-sized onions, and fry them till well browned; put them into the Soup, with some crusts of bread, and let the whole boil together for a-quarter of an hour.

MRS. HANNAH MORE'S SOUP.

TAKE half-a-pound of Beef, Mutton, or Pork, cut into small pieces; half-a-pint of Peas, or a small teacupful of Barley; some sliced turnips; a small teacupful of Rice; two onions, or some leeks; put to them seven pints of water; let the whole boil, gently, over a very slow fire, two hours and a-half; then thicken it with a teacupful of Oatmeal; after the thickening is put in, boil it a-quarter of an hour; stirring it all the time; then season with pepper and salt.

BROTH FOR SIX PEOPLE IN SUMMER.

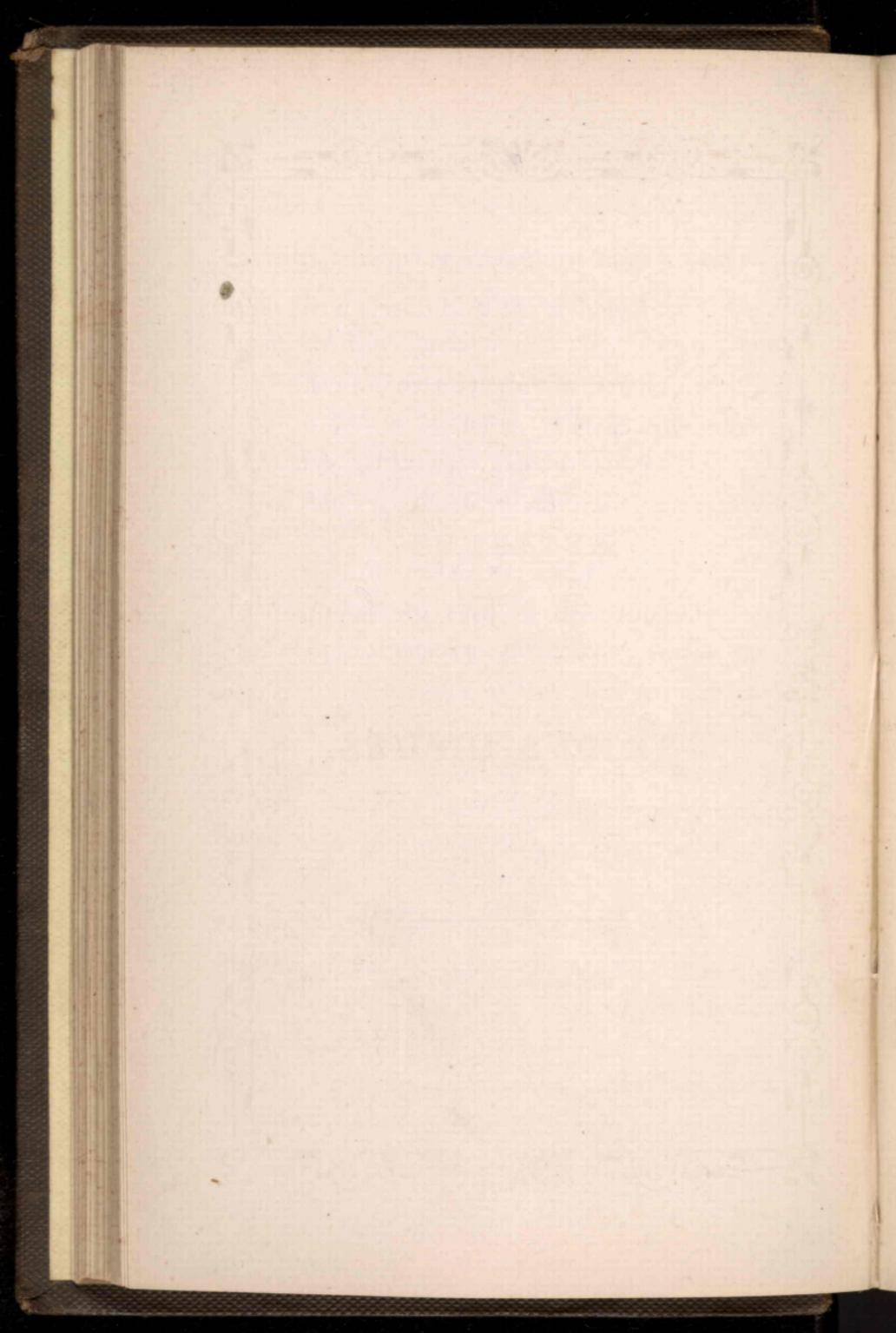
PUT a spoonful of salt Butter, with cold water, into a pot, and a teacupful of Pearl Barley, and boil for about two hours.

Cabbage, carrots, turnips, a few onions, peas, and beans, or any vegetables you may have, should be put in when the pot boils.

THE SAME IN WINTER.

PUT in about two pounds of Bacon, with cold water, and Barley, greens, onions, carrots, and turnips, in the same way.





RECEIPTS

FOR

VARIOUS DISHES.

RECEIPTS

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RECEIPTS

FOR

Various Dishes.



TO BOIL TRIPE.

WHEN Tripe is purchased from the Butcher in a raw state, it requires to be boiled a very long time to become soft and tender. The length of time will depend on the age of the animal from which it has been taken. If young Tripe, six or seven hours will be sufficient; while old Tripe will perhaps take double the time. In all cases it should be

boiled, or rather simmered, very slowly—for quick boiling hardens it. It should be cut into moderately-sized pieces, and eaten with the water in which it has been boiled, with boiled onions in it, *seasoned with* pepper and salt.

TO BOIL SALT FISH.

THE Fish should be cut in pieces, and steeped some hours in water; then boiled in fresh water for about twenty minutes; and eaten with either boiled eggs and parsnips, or boiled rice.

PEAS PUDDING.

CLEAN a quart of split Peas; tie them loosely in a cloth, leaving space for the Peas to swell; boil till they are soft, which may

be about two or three hours ; take the pudding from the water and put it into a basin ; open the cloth, and bruise or mash the Peas well ; mix in a piece of butter, with pepper and salt ; then tie it up tightly, and put it into the pot again, and boil for about half-an-hour ; when ready, turn it out of the cloth into a dish. If properly managed, the pudding will turn out whole.

HASLET OR PIG'S FRY.

THE lights, melt, sweetbread, liver, and crow, make an excellent dish, seasoned with pepper and salt, and fried in the frying-pan, or baked in a stewpot, with a quart of water.

PEAS FLOUR PUDDING.

TAKE one pound of Peas Flour, with a sufficient quantity of pepper and salt, to season it ; two ounces of butter, or a little

dripping, or some suet, shred fine; put it into a dish or bowl; make a space in the centre of it, for the water, which should be poured into it boiling hot, from a kettle, stirring it with a pot-stick, until it is all well and smoothly mixed together, into the consistence of rather stout stirabout; put this into a pudding cloth, prepared as for any other pudding, but tied loosely, as it will swell; boil it for two hours, and it will make three pounds and a-half of good solid food. It is better to prepare it sometimes before put into the cloth, as it will be firmer when cold. It is very good cut in slices and fried with a little dripping.

HERRINGS STEWED WITH RICE.

WASH two or three salted Herrings; put them into an earthen pot, with a little water, and a-half pound of Rice—which must first



have been well boiled—put in a small bit of butter, or a little dripping; cover the pot with a lid, and bake it either beside the fire or in the oven.

CHOPPED CABBAGE AND MEAT.

CHOP up some Cabbage or Greens, then boil, and drain them; add some bits of fried meat, with a little salt and pepper, and stew them all together for an hour.

FRY OF SPINACH AND ONIONS.

TAKE some leaves of spinach, two handfuls of chopped parsley, two fresh onions; mix them all well together; add a little salt, and a bit of butter; set them on the fire to stew—shaking the pan to prevent them burning. Keep it covered till quite done. When eaten, either with poached eggs, or a bit of bacon, it makes an excellent dish.

TO POACH EGGS.

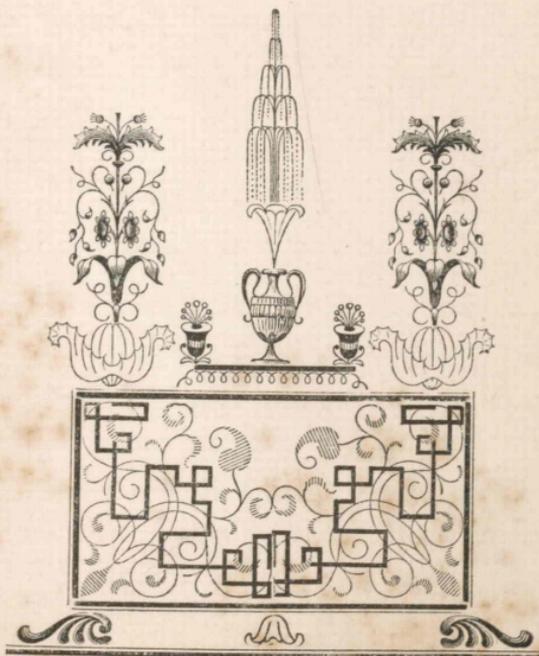
FILL a shallow pot about half full with clean water; put some salt into the water; break each Egg into a separate cup, and slip it gently from the cup into the water, taking great care the Egg is not spread or become ragged. If the water is boiling when the Eggs are slipped in, one minute will be sufficient to cook them. The yolk should remain liquid, lying in the centre of the white. Have ready small slices of fried bacon, and lay each Egg on a piece of bacon.

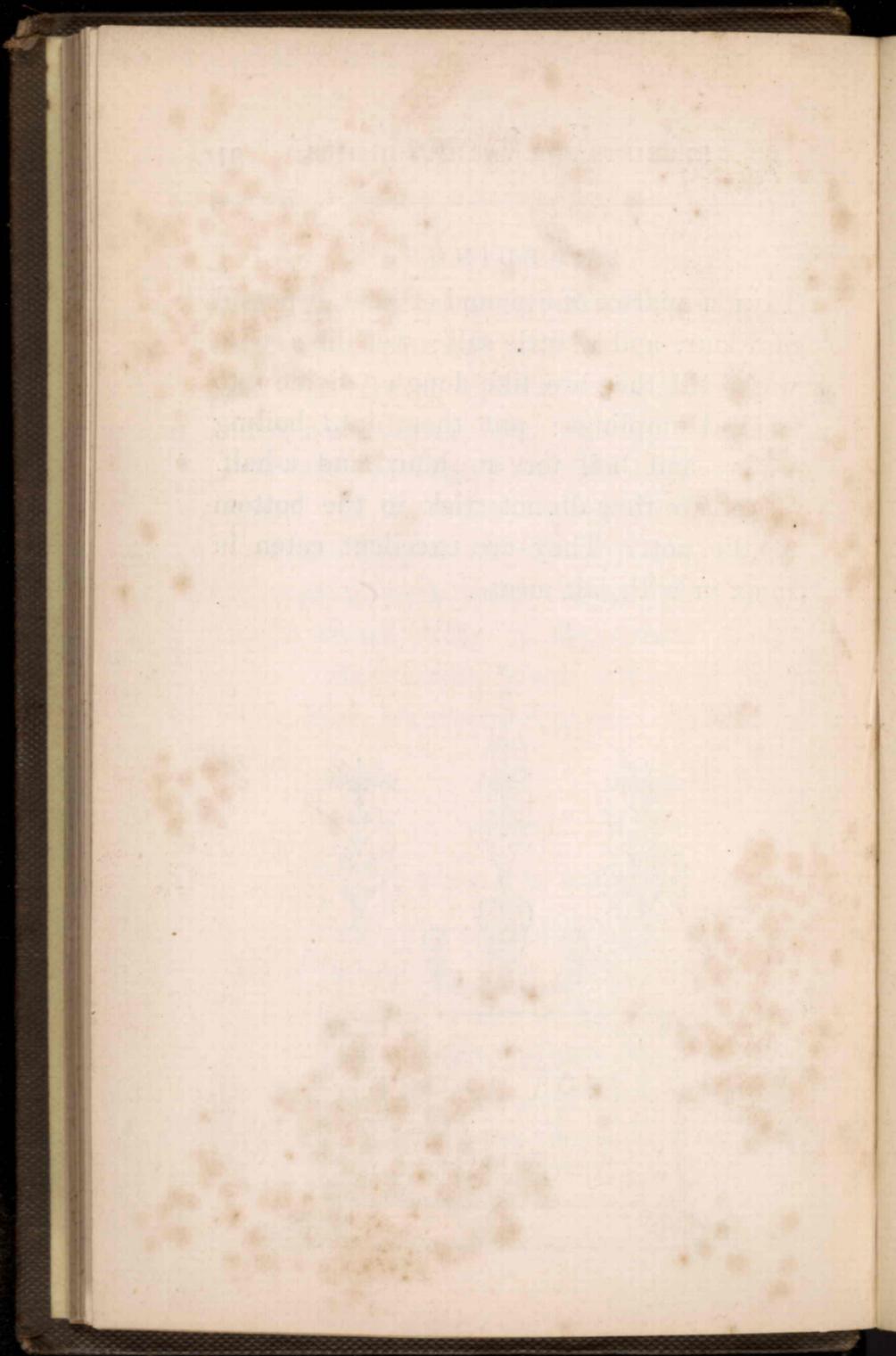
BUTTERED EGGS.

PUT a small piece of Butter into a pot, and melt it, adding a little milk; break the Eggs into a basin, and pour them into the pot; season with pepper and salt, and continue stirring till the Eggs are sufficiently dressed. This is good eaten with slices of bread, toasted.

DUMPLINGS.

TAKE a-quarter of a pound of Suet, a pound of Flour, and a little salt; wet them with water till they are like dough; divide into small Dumplings; put them into boiling water, and boil for an hour and a-half. Take care they do not stick to the bottom of the pot. They are excellent eaten in soup, or with salt meat.





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Cheap receipts...

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COLLECTION ON GASTRONOMY

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