

## HOW TO COOK A PUMPKIN.

BY A HOUSEKEEPER.



PERHAPS few of my readers know how the pumpkin—that favourite article of food amongst the Americans—ought to be cooked; as it is very delicious as well as inexpensive, I will describe one or two good ways of using it. I must first tell you what the fruit is like. It resembles a very large round vegetable marrow, with a rather thick skin of a pale salmon-colour. The seeds, when ripe, can be sown in a frame, in the same manner as cucumbers are grown,

and planted out in soil with plenty of manure in it, when the frosts are over. The fruit often grows to an enormous size, some specimens having been raised in this country weighing over 200 lbs. Of course in hot countries they are much larger. One very nice way of cooking it is to make it into a pudding. Take one pound of pumpkin, which costs about twopence, and boil it in water, with a very little salt, for an hour; then take it off the fire and mash it, as you would turnips, till it is smooth enough to rub through a colander; put the pulp into a pie-dish, add to it one egg, beaten very lightly, a table-spoonful of sugar, a piece of butter the size of a walnut, and a little grated lemon-peel, and pour in sufficient milk to fill the pie-dish. Bake in a moderate oven till it is a light golden colour. A little paste round the edge of the dish is a great improvement.

*Pumpkin Pie.*—Pare your pumpkin, cut it up into small pieces, and cook it gently over the fire, with a very little water, for about half an hour; then fill your pie-dish with it, sprinkle a little ground ginger and sugar over, and pour in some water. Have ready some nice puff paste, cover the fruit with it, and bake.

*Pumpkin Tart.*—Boil the pumpkin in the same way as for the pudding, and rub it through a colander, beat two ounces of butter, with a little sugar, to a cream, stir in the yolks of two eggs beaten lightly, the juice of one lemon and half the grated rind, and, last of all, the whites of the eggs beaten. Line a dish with pastry, pour in the mixture, and bake a nice brown.

If you wish to cook it as a vegetable, you must cut it in slices about six inches long, peel them, and boil them in a saucepan of water with a little salt and two ounces of fresh butter. When done sufficiently, drain them on a sieve, and serve them on a hot dish with

some melted butter poured over them; or, after they are boiled, fry them in a little lard or dripping. Pepper and salt should be eaten with them. They are also very delicious mashed; they should be boiled, then drained, and mashed smoothly with a wooden spoon; heat them in a saucepan, add a seasoning of salt and pepper, and a small piece of butter, and serve them with small pieces of toasted bread placed round them.

In making preserve, take three pounds of pumpkin, peel it, and slice it into pieces about an inch thick, and two or three inches long; add the juice of two lemons, and the rind very finely grated, three pounds of loaf-sugar, and one ounce of ground ginger. Put all these ingredients into a preserving-pan, and boil all together till clear—about one hour. Put it in jars and tie it well down.

*Soup made with Pumpkins.*—Boil the pumpkin and rub twelve or thirteen ounces through a sieve; add gravy, soup, or good stock to it—it will take about one quart for the above quantity of pumpkin; mix it gradually, and season with salt and a little cayenne; let it boil up, add a very little corn-flour to it, and serve it very hot, with fried bread cut into small pieces.

The stock for the above receipt need not necessarily be made with meat, as this is expensive. The liquor in which a piece of meat has been boiled makes very good stock; bones of any kind can also be used. All sorts of bones may be mixed together—beef, mutton, veal, and game. Game bones give a very delicious flavour to soup. When large joints of meat are to be used for dinner, they will require a little trimming; take all these pieces of fat and gristle which have to be cut off, add a slice or two of bacon and some herbs and vegetables, with any bones you have left from other joints, and keep them over the fire a short time, taking care to shake the saucepan occasionally, that they may not set to the bottom. You must keep the pan closely covered. After it has been on the fire about ten minutes, pour in some boiling water, so as quite to cover the meat, &c., and let it stew gently till it is rich. Take off the fat when it is cold. This sort of stock will make very good pumpkin soup.

Before concluding, I must give you two more receipts to which pumpkins are a very great improvement. One is a "Buckland stew," and the other a "Trifle." This is how the "Buckland stew" is made:—Have ready a very clean pan, and some nice gravy; now take about a pound of meat—beef or mutton is the best for this purpose—cut it either in thin slices or square dice; peel a pound of potatoes, and cut them in small pieces, with two carrots, two turnips, and two onions, all cut up small, and half a pound of pumpkin which has been boiled for about half an hour previously. Put the meat and vegetables in the pan, season them well with pepper and salt, adding a little Worcestershire sauce, and pour in your gravy, which must

have a little flour added to it to thicken it. Put the pan on one side of the fire ; then make some good suet crust, allowing four ounces of suet to one pound of flour, put in a little baking-powder, and mix it tolerably stiff ; roll it out an inch thick, and cut out a piece the size of the top of your pan, so as to exactly fit it, lay it over the meat and vegetables, cover the pan, and boil all together for three-quarters of an hour, or an hour. This is a very economical dish, as so little meat is required.

The "Trifle" is made in this way :—Scald six large

apples, peel and pulp them ; boil one pound of pumpkin for an hour ; rub it through a colander, and mix it thoroughly with the pulped apple ; sweeten it well, and grate the rind of a lemon over ; then place this pulp in a deep glass dish, about half filling it ; scald half a pint of milk, half a pint of cream, and the yolks of two eggs over the fire, stirring it all the time till it boils ; add a little sugar ; let it stand till cold ; then pour it over the apples and pumpkin ; and, last of all, make a little whip, either with cream or white of egg, and lay it over the whole.

## A HOLIDAY TRIP FROM KEW TO MEDMENHAM.



WHERE is perhaps no part of England that possesses interest so great or so varied as that lying along the course of the river Thames, and which withal to the ordinary holiday-maker is so little known. Its very proximity to the metropolis has, indeed, been sometimes adduced as a reason why Londoners appear so oblivious of its charms,

and so seldom avail themselves, in their short intervals of respite from busy toil, of the refreshment to both body and mind which its calm quietude affords. And yet this beautiful stream has been, not unjustly, called "the King of Island Rivers ;" and we have authority for affirming that, though it may not possess the grandeur and sublimity of the Rhine or the Moselle, the Rhone or the Danube, it still remains unsurpassed in its richness of pictorial beauty by any river on the Continent.

It is between Maidenhead and Hedsor that what has been pronounced to be "the perfection of natural beauty" reaches its highest point. Here the hills rise steeply from the banks on either side, and are covered with every variety of luxuriant foliage, to the wealth of which, especially at Cliefden, all climes and countries seem to have contributed.

Overhanging rocks and chalky cliffs, wooded heights and richly cultivated fields, with everywhere a delightful intermingling of wood and water, combine to present in swift succession an infinite variety of fairy-like scenes, whose grace and loveliness it would be impossible to exaggerate.

But it is to its manifold associations of all kinds—literary, historical, and histrionic—no less than to its natural charms, that the peculiarly fascinating power which the Thames exercises upon our imagination is to a great extent due.

It would require volumes rather than a few pages to enable us to touch even briefly upon the many memories which every moment crowd upon us.

To those fond of natural history the Thames offers a wide and interesting field of instruction. To say nothing of those vast botanical treasures gathered from every clime, and stored

"Where sits enthroned, in vegetable pride,  
Imperial Kew by Thames's glittering side,"

it everywhere, except in the more populous districts towards the metropolis, presents both on its surface and on its banks a wealth and a luxuriance of vegetation almost lavish. The entomologist will find this waterside vegetation a very favourite haunt of a large number of interesting species, including a great variety of butterflies and moths. To the angler the Thames has ever been a "joy of joys" from the time of Izaak Walton downwards. The close beds of rushes, the drooping osiers, and the pretty "aits" with which the stream is thickly studded, are good nurseries for fish, of which there has consequently been always a good supply. Richmond, Staines, Penton-Hook, and Marlow may be mentioned as among the most favourite angling resorts ; to which many will add "Romney Island" and Thames Ditton.

In giving a more detailed account of the interesting points of the river between Kew and Medmenham, we need only say of the former that the foundation of its famous botanical gardens was laid at the beginning of the present century, when Kew was the favourite suburban residence of the Royal Family. The Palace still stands where gathered the great and good of that generation, and where Queen Charlotte died. In the churchyard a plain stone marks the resting-place of Gainsborough.

Floating westwards we soon reach the picturesque Railshead Ferry leading to Isleworth. At the latter place there is little to attract attention beyond the ivy-covered tower of the church, and the graceful pavilion at Sion House.

Richmond, our next landing-place, has ever been a favourite residence of the rich and great ; to its Palace, of which only a few fragments now remain, "the former kings of this land, being wearie of the citie,"