

## Receipts, &c.

### PLUM PUDDING AND OTHER RECIPTS FOR CHRISTMAS.

We give a number of receipts for puddings, pies, cakes, etc., that will be of great use to our lady friends during the Christmas holidays:—

#### THE PHILOSOPHY OF PLUM PUDDINGS.

In the making of plum puddings, the following results of the examination and comparison of eighteen receipts may be usefully studied and applied:—

#### *Average of Eighteen Receipts for Plum Pudding.*

Fine flour, half a pound; bread-crumbs, quarter of a pound; suet, three quarters of a pound; eggs (yolk and white), four; mixed dried fruit, one pound and a half; mixed liquid, a third of a pint.

#### *Average Deductions respecting the Composition.*

A classification of the receipts gives the following independent dogmas, namely, that when a plum pudding contains—

*Less flour*, it must have more egg, bread-crumb, and fruit.

*Less egg*, it must have more flour and less liquid.

*Less bread-crumb*, it must have more flour and liquid and less suet.

*Less suet*, it must have less bread-crumb and fruit.

*Less fruit*, it must have less egg and suet, with more flour.

*Less liquid*, it must have less egg and more bread-crumb.

With respect to the *mixing* of the ingredients, different modes are employed. The eggs are always beat up previously in a separate state; and the milk, spice, flour, and crumbs are generally added by degrees, and beat up successively, adding the suet and fruit next, and the brandy last. In some cases, however, this process is reversed, and the eggs are added last; but, in general, the eggs and milk, the flour, suet, and fruit, and the spices, go together. The pudding-bag is always well dredged with flour, and often tied rather loose, that the pudding may swell; and, after boiling it, about five minutes are suffered to elapse, in order that the moisture may evaporate from the outside of the cloth, and allow it to leave the pudding in a perfect state. Some are boiled in a cloth only, some in a mould only, with a cloth over the mouth, and others in both a cloth and basin. They all should have pounded white sugar sprinkled freely over them, on being served on the dish for table.

Much puzzling difference is apparent in the time directed for the *boiling* of the puddings of each receipt. This appears to depend on the nature of the composition and the proportion of binding material. We have instituted a comparison of all the receipts by reducing the weight of ingredients to the average standard, and have obtained the following independent deductions:—

1. Plum puddings require the *same* boiling, if the crumb be left out, and more flour, egg, and fruit supply its place.

2. They require *more* boiling, when containing a greater proportion of flour and egg, but less crumb and suet, or when boiled in a mould.

3. They require *less* boiling, when having less flour, but more crumb and fruit.

4. The average time of boiling for ingredients weighing four pounds is about four hours.

**RICH PLUM PUDDING.**—Stone carefully one pound of the best raisins, wash and pick one pound of currants, chop very small one pound of fresh beef suet, blanch and chop small or pound two ounces of sweet almonds and one ounce of bitter ones; mix the whole well together, with one pound of sifted flour, and the same weight of crumb of bread soaked in milk, then squeezed dry and stirred with a spoon until reduced to a mash, before it is mixed with the flour. Cut in small pieces two ounces each of preserved citron, orange, and lemon-peel, and add a quarter of an ounce of mixed spice; quarter of a pound of moist sugar should be put into a basin, with eight eggs, and well beaten together with a three-pronged fork; stir this with the pudding, and make it of a proper consistence with milk. Remember that it must not be made too thin, or the fruit will sink to the bottom, but be made to the consistence of good thick batter. Two wineglassfuls of brandy should be poured over the fruit and spice, mixed together in a basin, and allowed to stand three or four hours before the pudding is made, stirring them occasionally. It must be tied in a cloth, and will take five hours of constant boiling. When done, turn it out on a dish, stir loaf-sugar over the top, and serve it with wine-sauce in a boat, and some poured round the pudding.

The pudding will be of considerable size, but half the quantity of materials, used in the same proportion, will be equally good.

**OLD ENGLISH CHRISTMAS PLUM PUDDING.**—To make what is termed a pound pudding, take of raisins well stoned, currants thoroughly washed, one pound each; chop a pound of suet very finely and mix with them; add a quarter of a pound of flour, or bread very finely crumbled, three ounces of sugar, one ounce and a half of grated lemon-peel, a blade of mace, half a small nutmeg, one teaspoonful of ginger, half a dozen eggs well beaten; work it well together, put it into a cloth, tie it firmly, allowing room to swell, and boil not less than five hours. It should not be suffered to stop boiling.

**BOILED PLUM PUDDING.**—The crumbs of a small loaf, half a pound each of sugar, currants, raisins, and beef-suet shred, two ounces of candied peel, three drops of essence of lemon, three eggs, a little nutmeg, a tablespoonful of flour. Butter the mould, and boil them five hours. Serve with brandy-sauce.

**A RICH CHRISTMAS PUDDING.**—One pound of raisins stoned, one pound of currants, half a pound of beef-suet, quarter of a pound of sugar, two spoonfuls of flour, three eggs, a cup of sweetmeats, and a wineglass of brandy. Mix well, and boil in a mould eight hours.

**A GOOD CHRISTMAS PUDDING.**—One pound of flour, two pounds of suet, one pound of currants, one pound of plums, eight eggs, two ounces of candied peel, almonds and mixed spice according to taste. Boil gently for seven hours.

**LITTLE PLUM CAKES TO KEEP LONG.**—Dry one pound of flour, and mix with six ounces of finely-pounded sugar; beat six ounces of butter to a cream, and add to three eggs well beaten, half a pound of currants washed and nicely dried, and the flour and sugar; beat all for some time, then dredge flour on tin plates, and drop the batter on them the size of a walnut. If properly mixed, it will be a stiff paste. Bake in a brisk oven.

**PUMPKIN PUDDING.**—Take one pint of pumpkin that has been stewed soft and pressed through a colander; melt in half a pint of warm milk quarter of a pound of butter and the same quantity of sugar, stirring them well together; one pint of rich cream will be better than milk and butter; beat eight eggs very light, and add them gradually to the

other ingredients alternately with the pumpkin; then stiff in a wineglass of rose-water and two glasses of wine mixed together, a large teaspoonful of powdered mace and cinnamon mixed, and a grated nutmeg. Having stirred the whole very hard, put it into a buttered dish, and bake it three-quarters of an hour.

**MINCEMEAT.**—Six pounds of currants, three pounds of raisins stoned, three pounds of apples chopped fine, four pounds of suet, two pounds of sugar, two pounds of beef, the peel and juice of two lemons, a pint of sweet wine, a quarter of a pint of brandy, half an ounce of mixed spice. Press the whole into a deep pan when well mixed.

*Another way.*—Two pounds of raisins, three pounds of currants, three pounds of beef-suet, two pounds of moist sugar, two ounces of citron, one ounce of orange-peel, one small nutmeg, one pottle of apples chopped fine, the rind of two lemons and juice of one, half a pint of brandy; mix well together. This should be made a little time before wanted for use.

**MIXED PIES.**—Take a pound of beef, free from skin and strings, and chop it very fine; then two pounds of suet, which likewise pick and chop; then add three pounds of currants nicely cleaned and perfectly dry, one pound and a half of apples, the peel and juice of a lemon, half a pint of sweet wine, half a nutmeg, and a few cloves and mace, with pimento in fine powder; have citron, orange, and lemon-peel ready, and put some in each of the pies when made.

#### CHRISTMAS CAKE.

To two pounds of flour well sifted unite  
Of loaf-sugar ounces sixteen;  
Two pounds of fresh butter, with eighteen fine eggs,  
And four pounds of currants washed clean;  
Eight ounces of almonds well blanched and cut small,  
The same weight of citron sliced;  
Of orange and lemon-peel candied one pound,  
And a gill of pale brandy uniced;  
A large nutmeg grated; exact half an ounce  
Of allspice, but only a quarter  
Of mace, coriander, and ginger well ground,  
Or pounded to dust in a mortar.  
An important addition is cinnamon, which  
Is better increased than diminished;  
The fourth of an ounce is sufficient. Now this  
May be baked four good hours till finished.

**LEMON CAKE.**—Beat six eggs, the yolks and whites separately, till in a solid froth; add to the yolks the grated rind of a fine lemon and six ounces of sugar dried and sifted; beat this a quarter of an hour; shake in with the left hand six ounces of dried flour; then add the whites of the eggs and the juice of the lemon; when these are well beaten in, put it immediately into tins, and bake it about an hour in a moderately hot oven.

**LEMON GINGERBREAD.**—Grate the rinds of two or three lemons, and add the juice to a glass of brandy; then mix the grated lemon in one pound of flour, make a hole in the flour, pour in half a pound of treacle, half a pound of butter melted, the lemon-juice, and brandy, and mix all up together with half an ounce of ground ginger and quarter of an ounce of Cayenne pepper.

**SEED CAKE.**—Beat one pound of butter to a cream, adding gradually a quarter of a pound of sifted sugar, beating both together; have ready the yolks of eighteen eggs, and the whites of ten, beaten separately; mix in the whites first, and then the yolks, and beat the whole for ten minutes; add two grated nutmegs, one pound and a half of flour, and mix them very gradually with the other in-

gredients; when the oven is ready, beat in three ounces of picked caraway-seeds.

**QUEEN CAKE.**—Mix one pound of dried flour, the same of sifted sugar and of washed currants; wash one pound of butter in rose-water, beat it well, then mix with it eight eggs, yolks and whites beaten separately, and put in the dry ingredients by degrees; beat the whole an hour; butter little tins, teacups, or saucers, filling them only half full; sift a little fine sugar over just as you put them into the oven.

**IMPERIAL GINGERBREAD.**—Rub six ounces of butter into three-quarters of a pound of flour; then mix six ounces of treacle with a pint of cream carefully, lest it should turn the cream; mix in a quarter of a pound of double-refined sugar, half an ounce of powdered ginger, and one ounce of caraway-seeds; stir the whole well together into a paste, cut it into shapes, and stick cut candied orange or lemon-peel on the top.

**SOFT CRULLERS.**—Sift three-quarters of a pound of flour, and powder half a pound of loaf-sugar; heat a pint of water in a round-bottomed saucepan, and when quite warm, mix the flour with it gradually; set half a pound of fresh butter over the fire in a small vessel; and when it begins to melt, stir it gradually into the flour and water; then add by degrees the powdered sugar and half a grated nutmeg. Take the saucepan off the fire, and beat the contents with a wooden spaddle or spatula, till they are thoroughly mixed; then beat six eggs very light, and stir them gradually into the mixture. Beat the whole very hard, till it becomes a thick batter. Flour a pasteboard very well, and lay out the batter upon it in rings (the best way is to pass it through a screw funnel). Have ready, on the fire, a pot of boiling lard of the very best quality; put in the crullers, removing them from the board by carefully taking them up, one at a time, on a broad-bladed knife. Boil but few at a time. They must be of a fine brown. Lift them out on a perforated skimmer, draining the lard from them back into the pot; lay them on a large dish, and sift powdered white sugar over them.

Soft crullers cannot be made in warm weather.

**A GOOD POUND-CAKE.**—Beat one pound of butter to a cream, and mix with it the whites and yolks of eight eggs beaten apart. Have ready, warm by the fire, one pound of flour, and the same of sifted sugar; mix them and a few cloves, a little nutmeg and cinnamon, in fine powder together; then by degrees work the dry ingredients into the butter and eggs. When well beaten, add a glass of wine and some caraways. It must be beaten a full hour. Butter a pan, and bake it an hour in a quick oven.

The above proportions, leaving out four ounces of the butter, and the same of sugar, make a less luscious cake, and to most tastes a more pleasant one.

#### CHRISTMAS AND NEW YEAR'S DINNERS.

Boiled turkey with oyster sauce, roast goose with apple sauce, roasted ham, chicken-pie, stewed beets, cole-slaw, turnips, salsify, winter-squash; mince pie, plum pudding, lemon custards, cranberry pie.

Roast turkey with cranberry sauce, boiled fowls with celery sauce, boiled ham, goose pie, turnips, salsify, cole-slaw, winter-squash, beets; mince pudding boiled, lemon pudding baked, pumpkin pudding.

Mock turtle soup, roast turkey with cranberry sauce, boiled turkey with celery sauce, roasted ham, smoked tongue, chicken curry, oyster pie, beets, cole-slaw, winter-squash, salsify, fried celery; plum pudding, mince pie, calf's-foot jelly, blanc-mange.

## HOW TO COOK POULTRY.

To **BOIL A TURKEY**.—Make a stuffing as for veal; or if you wish a plain stuffing, pound a cracker or some bread-crumbs very fine, chop raw salt pork very fine, sift some sage and any other sweet herbs that are liked, season with pepper, and mould them together with the yolk of an egg; put this under the breast, and tie it closely. Set on the turkey in boiling water enough to cover it; boil very slowly, and take off the scum as it rises. A large turkey will require more than two hours' boiling; a small one an hour and a half. Garnish with fried forcemeat, and serve with oyster or celery sauce.

Or: Fill the body with oysters, and let it boil by steam without any water. When sufficiently done, take it up, strain the gravy that will be found in the pan, and which, when cold, will be a fine jelly; thicken it with a little flour and butter, add the liquor of the oysters intended for sauce, also stewed, and warm the oysters up in it; whiten it with a little boiled cream, and pour it over the turkey.

To **ROAST A TURKEY**.—Prepare a stuffing of pork sausage-meat, one beaten egg, and a few crumbs of bread; or, if sausages are to be served with the turkey, stuffing as for fillet of veal: in either, a little shred shallot is an improvement. Stuff the bird under the breast; dredge it with flour, and put it down to a clear, brisk fire; at a moderate distance the first half hour, but afterwards nearer. Baste with butter; and when the turkey is plumped up, and the steam draws towards the fire, it will be nearly done; then dredge it lightly with flour, and baste it with a little more butter, first melted in the basting-ladle. Serve with gravy in the dish and bread sauce in a tureen. It may be garnished with sausages, or with fried forcemeat, if veal stuffing be used. Sometimes the gizzard and liver are dipped into the yolk of an egg, sprinkled with salt and Cayenne, and then put under the pinions before the bird is put to the fire. Chestnuts, stewed in gravy, are likewise eaten with turkey.

A very large turkey will require three hours' roasting; one of eight or ten pounds, two hours; and a small one, an hour and a half.

Roasted chestnuts, grated or sliced, and green truffles, sliced, are excellent additions to the stuffing for turkeys.

To "**DEVIL**" **TURKEY**.—Mix a little salt, black pepper, and Cayenne, and sprinkle the mixture over the gizzard, rump, and drumstick of a dressed turkey; broil them, and serve very hot with this sauce: mix with some of the gravy out of the dish, a little made mustard, some butter and flour, a spoonful of lemon-juice, and the same of soy; boil up the whole.

**STUFFING FOR TURKEYS, FOWLS, AND VEAL**.—Chop, finely, half a pound of suet, and with it mix the same quantity of bread-crumbs, a large spoonful of chopped parsley, nearly a teaspoonful of thyme and marjoram, mixed, one-eighth of a nutmeg, some grated lemon-peel, salt, and pepper; and bind the whole with two eggs. A teaspoonful of finely-shred shallot or onion may be added at pleasure.

To **BONE POULTRY AND GAME**.—First take out the breast-bone, then remove the back with a sharp knife, and next the leg-bones; keep the skin unbroken, and push within it the meat of the legs.

To **BONE FOWLS FOR FRICASEES, CURRIES, AND PIES**.—First carve them entirely into joints, then remove the bones, beginning with the legs and wings, at the head of the largest bone; hold this with the fingers, and

work the knife as directed in the receipt above. The remainder of the birds is too easily done to require any instructions.

To **ROAST A GOOSE**.—Geese seem to bear the same relation to poultry that pork does to the flesh of other domestic quadrupeds; that is, the flesh of goose is not suitable for, or agreeable to, the very delicate in constitution. One reason, doubtless, is that it is the fashion to bring it to table very rare done; a detestable mode!

Take a young goose, pick, singe, and clean well. Make the stuffing with two ounces of onions (about four common sized), and one ounce of green sage, chopped very fine; then add a large coffee-cup of stale bread-crumbs and the same of mashed potatoes; a little pepper and salt, a bit of butter as big as a walnut, the yolk of an egg or two; mix these well together, and stuff the goose. Do not fill it entirely; the stuffing requires room to swell. Spit it, tie the spit at both ends to prevent its swinging round, and to keep the stuffing from coming out. The fire must be brisk. Baste it with salt and water at first, then with its own dripping. It will take two hours or more to roast it thoroughly.

A green goose, that is, one under four months old, is seasoned with pepper and salt instead of sage and onions. It will roast in an hour.

**SAUCE FOR A ROASTED GOOSE**.—Put into a saucepan a tablespoonful of made mustard, half a teaspoonful of Cayenne pepper, a glass of port wine, and a gill of gravy; mix, and warm, and pour it through a slit in the apron into the body of the goose, just before serving.

To **STEW A GOOSE**.—Truss the goose as for boiling, cover it with bacon, and tie it up; cover the saucepan with bacon; put in a sprinkle of sweet herbs; a carrot cut in dice and two bay leaves: lay in the goose and giblets; cover with bacon; moisten with as much stock as will cover the goose; let it boil, covered with buttered paper and a close cover, and set it on a hot hearth, with fire over it; give it an hour and a half. Serve it with onion or apple sauce.

*Obs.*—Both geese and ducks, if old, are better to be parboiled before they are roasted. Put them on in just sufficient water to boil them; keep the vessel close covered; let a tough goose simmer two hours, then dry, and wipe it clean: stuff and roast, basting it at first with a little bacon fat or butter.

**DUCKS**.—Ducks may be roasted as soon as killed. Keep a clear, bright fire. Let them be done of a light brown; but if wild, they should not be much roasted, or the flavor will be spoiled. They take about an hour to roast and should be well basted. The livers and gizzard are parboiled, chopped fine, and thrown into the gravy.

Canvas back ducks are roasted in half an hour; they should always be served with currant jelly. For tame ducks apple sauce is more appropriate. A duckling will require proportionally more roasting.

To **BOIL DUCKS**.—Salt them two days, and boil in a cloth for an hour. Serve with onion sauce made with milk. Or, ducks may be boiled fresh, stuffed with sage and onion, and served with gravy.

To **STEW A DUCK**.—Stuff and half roast a duck; then put into a stewpan, with a shred onion, some black pepper and salt, a little mint, sage, winter savory, and marjoram, chopped small, and about a pint of beef gravy. Simmer about twenty minutes, and then skim it, and take out the herbs. Add a quart of green peas, lightly boiled, and simmer half an hour longer. Thicken with

a little butter and flour, if requisite, and serve the duck and peas in one dish. A glass or two of port wine, or the juice of half a lemon, with a little sugar, will much improve this dish.

Cabbage, boiled, well drained, shred, and fried in butter, may also be stewed with ducks, instead of the peas, as above.

#### VERY NICE WINTER DINNERS FOR FAMILIES.

Winter soup, roast beef, stewed onions, cole-slaw, turnips; apple pie, custards.

Boiled ham, oyster pie, turnips, parsnips, stewed pumpkin; baked rice pudding, preserved tomatoes.

Chicken pot-pie, oyster fritters, turnips, parsnips, beets; pumpkin pudding, preserved peaches.

Boiled turkey with oyster sauce, smoked tongue, turnips, salsify, beets; cranberry pie, custards.

Roast fowls with cranberry sauce, oyster fritters, turnips, beets, winter-squash; potatoe pudding, preserved quinces.

Bean soup, roast pork with apple sauce, turnips, pumpkin, beets; pumpkin pudding, preserved tomatoes.

Roast beef, scolloped oysters, turnips, parsnips, winter-squash, stewed beets; cranberry pie, boiled custard.

Pease soup, roast fowls, turnips, beets, hominy, winter-squash, cold-slaw; squash pudding, baked apples.

Roast turkey with cranberry sauce, boiled ham, winter-squash, turnips, salsify; mince pudding, lemon custards.

Ham pie, oyster fritters, turnips, winter-squash, salsify, stewed beets; raisin pudding, baked pears.

Venison soup, roast fowls, stewed beets, turnips, winter-squash; sago pudding, baked apples.

Roast venison with currant jelly, chicken curry, turnips, winter-squash, salsify; cranberry pie, custards.

Roast fowls, boiled corned beef, cabbage, carrots, parsnips, turnips; apple pie, boiled custard.

Roast beef, stewed fowls, cole-slaw, stewed beets, turnips, hominy, salsify; plum pudding, cranberry pie.

Soup à la Julienne, roast goose with apple sauce, scolloped oysters, turnips, stewed onions, stewed beets, pumpkin pudding, preserved pears.

#### MISCELLANEOUS.

**TO CLEAN TURKEY CARPETS.**—To revive the color of a Turkey carpet, beat it well with a stick till the dust is all out, then with a lemon or sorrel juice take out the spots of ink, if the carpet be stained with any, wash it in cold water, and afterwards shake out all the water from the threads of the carpet; when it is thoroughly dry, rub it all over with the crumb of a hot wheaten loaf, and, if the weather is very fine, hang it out in the open air a night or two.

**TO EXTRACT MARKING INK.**—The following process will be found easy and effectual. Take the piece of marked linen, and immerse it in a solution of chloride of lime, when in a few minutes the characters will pass from black to white, owing to a new preparation of silver being formed, namely, white chloride of silver, which still remains in the fabric, but owing to its solubility in solution of ammonia, it may be entirely extracted by immersion in that liquid immediately it is removed out of the first, and allowing it to remain in it for a few minutes; after this it only requires to be well rinsed in clean water, which completes the process.

**FROST-BITTEN FRUITS AND VEGETABLES.**—Such fruits and roots as pears, apples, and potatoes, as have been

penetrated by frost, may be recovered by putting them into cold water when a thaw approaches, and letting them remain in the water for some time, till by the plumpness and fairness of the fruits and roots it appears that the particles of frost are extracted. This method has often been tried, and found to answer.

**FURNITURE POLISH.**—Beeswax half a pound, and a quarter of an ounce of alkanet root; melt together in a pipkin, until the former is well colored. Then add linseed oil, and spirits of turpentine, of each half a gill; strain through a piece of coarse muslin.

**TO RENDER HARD WATER SOFT.**—For every hundred gallons take half a pound of the best quicklime, make it into a cream by the addition of water, then diffuse it through the hard water in a tank or reservoir, and allow the whole to stand; it will quickly be bright, the lime having united with the carbonate of lime, which makes the hard water, will be all deposited. This is a most beautiful application of the art of chemistry.

**OFFENSIVE SMELLS.**—One of the best and most pleasant disinfectants is coffee; the simplest way to use it is to pound the well-dried raw beans in a mortar, and strew the powder over a moderately-heated iron plate. The simple traversing of the house with a roaster, containing freshly-roasted coffee, will clear it of offensive smells.

**TO PRESERVE EGGS.**—Apply with a brush a solution of gum Arabic to the shells, or immerse the eggs therein; let them dry, and afterwards pack them in dry charcoal dust; this prevents their being affected by any alterations of temperature.

**TO PERFUME LINEN.**—Rose leaves, dried in the shade, or at about four feet from a stove, one pound; of cloves, caraway seeds, and alspice, of each one ounce; pound in a mortar, or grind in a mill; dried salt, a quarter of a pound; mix all these together, and put the compound into little bags.

**A VERY PLEASANT PERFUME AND ALSO PREVENTIVE AGAINST MOTHS.**—Take of cloves, caraway seeds, nutmegs, mace, cinnamon, and Tonquin beans, of each one ounce; then add as much Florentine orris-root as will equal the other ingredients put together. Grind the whole well to powder, and then put it in little bags, among your clothes, &c.

**BLACKING.**—The best blacking for preserving the leather of boots and shoes, and which will make it perfectly water-tight, is the following: Take of yellow wax one ounce and a half, of mutton suet four ounces and a half, horse turpentine half an ounce, ivory black three ounces; melt first the wax, to which add the suet, and afterwards the horse turpentine; when the whole is melted, remove it from the fire; mix in gradually the ivory black, constantly stirring till it is cold. This composition is sometimes run into moulds, and sold under the name of blacking balls; when it is used, it may be laid or rubbed upon a brush, which should be warmed before the fire; it is also the best blacking for every kind of harness; when it is wanted in a large quantity, it may be gently melted in a ladle or pot, over a chafing-dish with live coals.

**TO DESTROY COCKROACHES.**—The following is said to be effectual: These vermin are easily destroyed, simply by cutting up green cucumbers at night and placing them about where roaches commit depredations. What is cut from the cucumbers in preparing them for the table answers the purpose as well, and three applications will destroy all the roaches in the house. Remove the peelings in the morning and renew them at night.