

Receipts, &c.

SOUPS.

Soups are easily made, provided the *stock* is always ready, and in good condition, that is, in a *jelly*. In every household, even where there is only one joint of meat in a week, a tureen of soup can always be made. In households where more joints are used, say three, or more, in a week, soup for three or more days ought to be made from the bones, without the addition of other meat.

The stock-pot must be an iron saucepan; must be used for no other purpose, and every day after using must be boiled out with soda and water.

For soups use always *cold* water.

TO MAKE STOCK FROM BONES.

Those which are sent from table on the plates must never be put with other bones; it is a dirty custom, and had better at all times be dispensed with. Take the large bone which has been left, say, from a leg of mutton, but from which the meat had not been quite scraped off (*though no particle of fat must be taken*), together with the shank and the gristle bone which is at the knuckle; crack the large bone (take out the marrow, as not being useful in soup), and put the whole of the bones into three quarts of cold water into an *iron* saucepan; let them boil very fast for four hours until the water is reduced to one quart, then throw the liquor and bones into a colander, but over a basin; set the liquor to cool, and let the bones drain. This boiling should always take place in the afternoon or evening, so that the strained liquor can be allowed to remain cooling all night. The next morning on the top of this will be found a cake of cold fat, which must be very carefully removed, as of no use for soup; underneath will be found the *stock*, which should be a jelly, and if it is not, it is because the boiling was not sufficiently attended to over night, and it must therefore be returned with the bones to the saucepan, and boiled again, and undergo the same process of straining, cooling, and removing all fat; so that it is the least trouble and fuss to attend well to the first boiling, to say nothing of the waste of additional fire for the second boiling. Having thus made stock from bones, the latter may be peppered, floured, and put away for boiling up with bones from a joint of the next, or even two days afterwards. Observe to add to the stock-pot all trimmings of fresh meat, such as bits from the trimming of veal cutlets, the lean pieces from the tops of chops, from a loin of mutton, and any small pieces, not of any other use, which are left on the dish in which the meat has been served. *But observe not to use the smallest piece of fat for stock.*

There will now be no difficulty in making stock from meat if it be so desired, as the process is exactly the same, precisely alike in the mode of straining, cooling, and taking off the fat; but if a clear soup be desired, the liquor must, *while hot*, be strained again either through the finest wire strainer, hair sieve, or with old muslin tied, but not *too tight*, over the top of the colander.

The best meat for soup purposes is shin of beef, the meat with the bones, and boiled for six or eight hours always till the liquor is reduced one-half. A pound of fresh meat should make a pint of good soup, but the meat should always be cut up small. Soup made from any other beef but that of the shin will not jelly, but

will taste very like good beef-tea. After the shin comes knuckle of veal. Soup made from this is excellent. The lean end of a neck of mutton is also good; but in making soup from this latter a half pint of water should be put to the meat, be closely covered, and allowed to boil a quarter of an hour, then be poured off, and put away in a basin to cool; then put the necessary water to the meat, and convert it into stock. When the soup made from this is about to be sent to table, take the *fat* off the small portion that was put away; mix the liquor, *not the fat*, in with the soup, and it will give a delicious fresh flavor of mutton. Stock may be made from any meat, poultry, or game, but must always be put in *cold water*, and be without fat.

It must always be strained, perhaps, more than once, suffered to get entirely cool, the fat be then taken off, and put away before the stock can be converted into soup.

TO CLEAR STOCK.

Sometimes when soup is wanted to be very clear, the stock is not so, and, in order to clear it, to every pint of stock required for soup take the white of one egg, beat it up with two tablespoonfuls of cold water; take some stock, which is nearly boiling, mix it with the eggs and water, and beat all together thoroughly; mix this with the stock, which should be boiling on the fire, stirring it well; let the whole nearly boil; then let it stand away from the fire till the eggs separate in a curd from the soup; then strain the latter through fine muslin.

VERMICELLI, OR ITALIAN SOUP.—(Made from stock from boiled bones.) Take a quart of the stock (see directions), add a little salt, a little thickening made thus: take a teaspoonful of flour, roll it in a lump of butter the size of half a walnut, throw it into the cold stock; this will readily dissolve as it boils; then throw in an ounce of vermicelli, or Italian paste, which is cheaper, better, and prettier looking, being vermicelli cut into stars, cubes, and other similar shapes. When this has been boiled ten minutes, have ready a small tablespoonful of minced onion, throw this in, and let the soup boil five minutes; then pour some soup into a basin; burn a little brown sugar in an iron spoon, mix it with the soup in the basin, then *strain* it to the soup. The onion may be omitted if desired. This soup will not take more than twenty minutes from the time it is first put on the fire.

MACCARONI SOUP.—Break a quarter of a pound of macaroni into small pieces; take a quart of boiling stock and an ounce of butter; put in the macaroni with a very little salt, and boil it till tender, which will be in about twenty minutes; thicken with a teaspoonful of flour rubbed smoothly in some water; beat up the yolks and whites of two eggs with two tablespoonfuls of cold water; take a tablespoonful of the boiling soup, and beat up with the eggs; then add two more spoonfuls, and continue till there is a basin full; then throw the whole through a strainer into the boiling soup, and take it instantly away from the fire. Well mix it together, and the soup will be ready to serve.

SPRING SOUP.—Also from stock not made of meat (see directions). Mince into very small pieces, *not too fine*, some (one large or two small) *really-dressed carrots*, six raw turnips, which must be cut in dice-shape, the heart of a stick of celery *minced very fine*, a handful of young spring onions, with the young green of six, also, and some chopped lettuce, if it can be had. Make the stock boil; add a little salt and a piece of butter size of a hazel-

nut; *when it boils fast*, throw in the vegetables; let them boil rapidly for a quarter of an hour; then thicken, if necessary, with a little flour rubbed smoothly in a little cold water and strained to the soup.

SOUP, JULIENNE.—Take the same kind of stock as before. Take a quarter of a pound of ready-dressed carrots; a half a pound of raw turnips, peeled and washed; a head of celery; and an old onion. Peel and cut the onion round like a lemon would be cut, only in *thin* rounds; then cut each piece in four; cut the celery across the heart, then each piece again, so as to form long bits; cut the turnips into rounds, the same way also as a lemon; then cut these also into thin strips, the carrot the same; each piece of vegetable must be about an inch long, and about as wide as *one* of the prongs of a carving fork; melt in a saucepan two ounces of butter, with a little salt, and a tablespoonful of mushroom ketchup, and a teaspoonful of brown sugar, well melted together; then put in the vegetables, and let them brown in the saucepan at the side of the fire, perhaps for an hour or less. Make one quart of stock boiling; throw in the vegetables, and let all boil together. *Omit* the thickening.

TURNIP SOUP, WHITE.—Wash, pare, and cut six large turnips, the same way as a lemon would be cut, that is, into round slices a quarter of an inch thick, or rather thicker, or with a turnip-scoop form them into the shape of marbles (in the latter mode more turnips must be used); cut these rounds of turnip into squares or triangular pieces. Make a quart of stock from bones boiling hot; throw into it an ounce of vermicelli, or thicken it with flour and water, rubbed smoothly; add a piece of butter the size of a walnut; throw in the turnips while the soup is rapidly boiling; make it boil up again *very quickly*. In a quarter of an hour after it boils the second time, the soup will be ready.

TURNIP SOUP, BROWN.—Is made precisely as in the foregoing directions; but the turnips are first browned with two ounces of butter, by letting them rapidly fry in a saucepan over a brisk fire; and leave out the vermicelli.

ARTICHOKE SOUP.—Is made exactly as the turnip soup, white, only leaving out the vermicelli, but adding two ounces of butter to the stock, and boiling the artichoke pieces twenty minutes or more.

CARROT SOUP.—A quart of stock made from bones; two carrots pared, but not cut. Put them on to cook in plenty of boiling water, with a little salt, *and two ounces of dripping*; let them boil an hour and a half; then drain them, mash them rapidly through a colander, mix them with the soup when boiling, but which has first been thickened with flour, water, and a little butter added.

GREEN PEA SOUP.—Take two quarts of stock made from bones; when it boils, throw in half a teaspoonful of sugar, two ounces of butter, half a teaspoonful of salt, and a quart of ready-shelled peas. Let all boil rapidly for twenty minutes, then shred up the hearts of two lettuces, and add a teaspoonful of dried and powdered mint, or a good spray of green mint. Let the soup boil for ten minutes longer; take a teaspoonful of flour, and a little cold water, mix together, strain, and add to the soup, if not sufficiently thick. The spray of mint must be taken out before sending to table.

Green pea soup sent without vegetables to table must be made in the same way, only the peas be mashed, and the whole be strained before coming to table.

MISCELLANEOUS COOKING.

TO BOIL A LEG OF LAMB.—This is considered a delicate joint in the very first families. It should be put into a pot with cold water just enough to cover it, and very carefully skimmed so long as the least appearance of scum rises.

This joint should not be suffered to boil fast, for on its being gently boiled depends all its goodness, and the delicate white appearance it should have when served up. A leg of four or five pounds weight will take about one hour and a half, reckoning from the time it comes to a boil.

A boiled leg of lamb may be served up with either green peas, or cauliflower, or young French beans, asparagus, or spinach, and potatoes, which for lamb should always be of a small size.

Parsley and butter for the joint, and plain melted butter for the vegetables, are the proper sauces for boiled lamb.

TO ROAST LAMB.—The hind quarter of lamb usually weighs from seven to ten pounds; this size will take about two hours to roast it. Have a brisk fire. It must be very frequently basted while roasting, and sprinkled with a little salt, and dredged all over with flour, about half an hour before it is done.

TO BOIL PERCH.—First wipe or wash off the slime, then scrape off the scales, which adhere rather tenaciously to this fish; empty and clean the insides perfectly, take out the gills, cut off the fins, and lay the perch into equal parts of cold and of boiling water, salted as for mackerel; from eight to ten minutes will boil them unless they are very large. Dish them on a napkin, garnish them with curled parsley, and serve melted butter with them.

TO FRY PERCH OR TENCH.—Scale and clean them perfectly; fry them well, flour and fry them in boiling lard. Serve plenty of fried parsley round them.

SWEETBREAD CUTLETS.—Boil the sweetbreads for half an hour in water, or veal broth, and when they are perfectly cold, cut them into slices of equal thickness, brush them with yolks of egg, and dip them into very fine bread-crumbs, seasoned with salt, Cayenne, grated lemon-rind, and mace; fry them in butter of a fine light brown, arrange them in a dish, placing them high in the centre, and pour under them a gravy made in the pan, thickened with mushroom powder, and flavored with lemon-juice; or, in lieu of this, sauce them with some rich brown gravy, to which a glass of sherry or Madeira has been added.

TO BROIL A SWEETBREAD.—Parboil it, rub it with butter, and broil it over a slow fire, turn it frequently, and baste it now and then by putting it into a plate kept warm by the fire with butter in it.

TO DRESS SALT FISH.—Soak it in cold water, according to its saltness; the only method of ascertaining which is to taste one of the flakes of the fish. That fish which is hard and dry will require twenty-four hours soaking in two or three waters, to the last of which add a wine-glassful of vinegar. But less time will suffice for a barrelled cod, and still less for the split fish. Put the fish on in cold water, and let it simmer, but not actually boil, else it will be tough and thready. Garnish with hard-boiled eggs, the yolks cut in quarters, and serve with egg-sauce, parsnips, or beet-root.

Or: Lay the piece you mean to dress all night in water, with a glass of vinegar; boil it enough, then break it into flakes on the dish; warm it up with cream