

## Receipts, &c.

### POTTED MEATS.

THE preservation of potted meats is mainly due to the exclusion of the air by the vessels in which they are inclosed, and the layer of fat with which the meat is covered.

For home purposes we should always recommend butter to be employed for this purpose, and hence, the first operation necessary in potting is the purification of that substance.

Butter, as ordinarily made, contains a considerable quantity of curdy matter derived from the cream. This, after a time, turns rancid, even in spite of all the salt that may be added; and consequently the length of time that butter will keep is limited. By removing the curd, butter will keep a very great length of time without change. The only method by which this can be done is by clarifying. In some parts of Switzerland they put the butter into earthenware glazed vessels; these are placed in large saucepans of water and heated very gently until the contents melt, the greatest care being taken not to overheat the butter, and as soon as it becomes liquid the vessels are allowed to cool with the slightest agitation. In this manner all the impurities are got rid of; some being lighter rise to the top, others, as the curd, sink to the bottom. The pure butter so clarified will keep sweet for a long time, and it is in this condition that it should always be used in potting. If butter is clarified in a saucepan over a fire the curdy matter is certain to be overheated, and the whole mass becomes unpleasantly flavored.

Clarified butter is better than suet or melted fat to pour over the top of potted meats, as the suet in cooling cracks away from the pot and admits the air; this evil does not generally happen when butter is used. Having made these preliminary observations, we will now give some receipts for potting meats, premising that small pots should generally be used, for two reasons—firstly, the covering of butter is less likely to crack when small pots are used than when large ones are employed; and secondly, the contents are sooner eaten when opened, so that there is less chance of their being spoiled by exposure to the air.

Any kind of meat—as beef, tongue, ham, chicken, &c.—may be potted, if first baked or stewed until tender, and the fleshy parts pounded in a mortar with salt, such spices as may be approved, and a proportion of clarified butter; it should then be pressed firmly into the pots, melted clarified butter poured over, and the pot tied down when cold. In most cookery books a marble mortar is recommended. This is a mistake; there cannot be a much worse material used for mortars than marble: it is soft, and, what is still worse, readily absorbent of grease and flavors, so after having been used for one substance, if high flavored, cannot be safely used for another. A good wedgewood-ware mortar, such as used by chemists, is the cheapest and best that can be employed.

Many potted articles require special treatment, the directions for which we subjoin:—

**POTTED SALMON.**—Split a salmon down the back, and divide it into two pieces, removing the backbone, head, and tail. Wipe the two sides with a clean napkin, but do not wash them. Salt them slightly, and let them drain. Put the drained pieces into a baking pan, after having well rubbed them all over with a mixture of powdered cloves and mace, and four or five bay leaves and some

whole pepper. Cover the fish with cold clarified butter, and the pan with strong paper. When baked, take the salmon out and let it drain from the gravy. Take off the skin, and put the fish into the pots. Sprinkle the upper surface of the potted salmon with a little spice, and pour clarified butter over it when cold. Then close the pots.

**POTTED LOBSTER.**—Boil the lobsters yourself. Choose hens in preference, on account of the spawn. When the lobsters are cold, pick out all the parts that are eatable. Beat the flesh in a mortar, seasoning it with salt and a mixture of pepper, mace, and nutmeg finely powdered. As you beat and mix it, incorporate with the paste a small quantity of clarified butter. Press the meat strongly into the potting pots, and pour over it hot clarified butter. Lobsters may also be potted by putting into the pots lumps of the meat, and pounding only the spawn, and filling up with clarified butter.

**POTTED RABBIT.**—Take off the legs and shoulders of the rabbits, also the fleshy parts of the back. Cut off the leg bones at the first joint, and the shoulder bones at the blades, but without cutting off the meat. Take also the livers: season these limbs and livers, put plenty of butter over them, and bake them gently; then stow them lightly into pots, covering them with clarified butter. The remainder of the rabbits may serve for any other purpose in the culinary arrangements of the day.

**POTTED PIGEONS.**—Clean them well, bone them, season them in the usual manner, and lay them very close in a baking pan. Cover them with butter; tie very thick paper over them, and put the pan into the oven. When cold, put them closely packed side by side into pots that will hold three each, and cover them with clarified butter.

**POTTED BIRDS.**—Bake them in a pan under a crust, with plenty of seasoning and butter. When they are cold put as many in a pot as can be forced in side by side, and cover them with clarified butter.

### MISCELLANEOUS COOKING.

**RISsoles.**—Chop the meat very fine; if mutton, a little parsley will be an improvement; season it, and rub some butter in. Make up the rissoles in the form of a sugar-loaf, beat an egg and roll them in it, and then in bread crumbs, very fine, twice; fry them a nice golden brown, and serve up with good gravy in the dish. *Or.* The meat must be chopped very fine. Take an equal quantity of bread crumbs, a tablespoonful of flour, a little allspice, salt, and half an onion chopped very fine indeed. First mix the bread crumbs, flour, and spice together, then mix the meat well with it, sprinkle the onion over, stir all well together, and stir in two tablespoonfuls of bacon fat, or a rasher or two of bacon finely minced. Make the mixture into balls with a very little milk, press them flat, roll each in flour, and drop them one at a time into a saucepan of boiling dripping, frying each simply in this way. When brown take it out with an egg-slice, let the fat drain from it, place it on a pad of paper before the fire so as to become quite dry.

**VEAL CUTLETS. TO STEW.**—Cut them about half an inch thick, flatten them with a chopper, and fry them in fresh butter or dripping. When brown on one side turn and do them on the other, continuing to do so till they are thoroughly done, which will be in about a quarter of an hour. Make a gravy of some trimmings, which put into a stewpan, with a bit of soft butter, an onion, a roll of lemon-peel, a blade of mace, some thyme, parsley, and stew the whole over a slow fire for an hour, and then strain it; put one ounce of butter into another pan, and when