

Receipts, &c.

DIRECTIONS FOR PRESERVING FRUITS, ETC.

PRESERVES of all kinds should be kept entirely secluded from the air and in a dry place. In ranging them on the shelves of a store-closet, they should not be suffered to come in contact with the wall. Moisture in winter and spring exudes from some of the driest walls, and preserves invariably imbibe it, both in dampness and taste. It is necessary occasionally to look at them, and if they have been attacked by mould, boil them up gently again. To prevent all risks, it is always as well to lay a brandy paper over the fruit before tying down. This may be renewed in the spring.

Before preserving fruit in sugar, it is necessary that the sugar should be well clarified. The following is the best method: put your sugar in a preserving kettle, or pan, with one pint of water to each pound of sugar. Have in a porringer beside you the whites of eggs whipped with water. As soon as your sugar boils, you turn a portion of this frothed water in the syrup, and stir it in with a spoon, and then as the froth rises, skim it off; put in more of the white of egg, and skim again, and continue this operation until your syrup is well clarified. Then cook your fruits as much as is necessary for each particular kind.

TO PRESERVE STRAWBERRIES.—To two pounds of fine large strawberries, add two pounds of powdered sugar, and put them in a preserving kettle, over a slow fire, till the sugar is melted; then boil them precisely twenty minutes as fast as possible; have ready a number of *small* jars, and put the fruit in boiling hot. Cork and seal the jars immediately, and keep them through the summer in a cold, dry cellar. The jars must be heated before the hot fruit is poured in, otherwise they will break.

STRAWBERRY JELLY.—Express the juice from the fruit through a cloth, strain it clear, weigh, and stir to it an equal proportion of the finest sugar dried and reduced to powder; when this is dissolved, place the preserving-pan over a very clear fire, and stir the jelly often until it balls; clear it carefully from scum, and boil it quickly from fifteen to twenty-five minutes. This receipt is for a moderate quantity of the preserve; a very small portion will require much less time.

DRIED STRAWBERRIES.—Put three pounds of strawberries into a large dish, and sprinkle six pounds of white sugar over them. Let them stand until the next day, then scald them and put them back into the dish. On the third day place another pound of sugar over them, and scald them again. In two days more repeat the process. After this, place the strawberries on a hair-sieve to drain, and then on fresh plates every day, until they are dried. They must be kept in tin canisters.

CHERRIES PRESERVED.—Take fine large cherries, not very ripe; take off the stems, and take out the stones; save whatever juice runs from them; take an equal weight of white sugar; make the syrup of a teacup of water for each pound, set it over the fruit until it is dissolved and boiling hot, then put in the juice and cherries, boil them gently until clear throughout; take them from the syrup with a skimmer, and spread them on flat dishes to cool; let the syrup boil until it is rich and quite thick; set it to cool and settle; take the fruit into jars and pots, and pour the syrup carefully over; let them remain open

till the next day; then cover as directed. Sweet cherries are improved by the addition of a pint of red currant-juice, and half a pound of sugar to it, for four or five pounds of cherries.

CHERRY JAM.—To every pound of fruit, weighed before stoning, allow half a pound of sugar; to every six pounds of fruit allow one pint of red currant juice, and to every pint, one pound of sugar. Weigh the fruit before stoning, and allow half the weight of sugar; stone the cherries, and boil them in a preserving-pan until nearly all the juice is dried up; then add the sugar, which should be crushed to powder, and the currant juice, allowing one pint to every six pounds of cherries (original weight), and one pound of sugar to every pint of juice. Boil all together until it jellies, which will be in from twenty minutes to half an hour; skim the jam well, keep it well stirred, and, a few minutes before it is done, crack some of the stones and add the kernels: these impart a very delicious flavor to the jam.

GOOSEBERRY JAM.—Stalk and crop as many as you require of ripe, red, rough gooseberries; put them into the preserving-pan, and as they warm, stir and bruise them to bring out the juice. Let them boil for ten minutes, then add sugar in the proportion of three-quarters of a pound to every pound of fruit, and place it on the fire again; let it boil slowly, and continue boiling for two hours longer, stirring it all the time to prevent its burning. When it thickens, and is jelly-like on a plate when cold, it is done enough. Put it into pots, and allow it to remain a day before it is covered.

GOOSEBERRY AND RASPBERRY JELLY.—Take any quantity of fine red gooseberries, a quarter as many white ones, and half a quarter as many raspberries; pick the fruits and put them in a kettle for preserves, with as many pounds of sugar in pieces as you have pounds of fruit. Boil over a quick fire, skimming carefully, and continue boiling until your jelly, turned upon a napkin, fixes or congeals in a moment. This is a proof that your jelly is sufficiently cooked. Remove it from the fire, and turn it through a hair sieve. Let it drain without squeezing, and turn the first results into your pots. This will be a jelly of the first quality, of a beautiful ruby tint, and perfectly transparent. Afterwards squeeze and express the remainder into another vase. This second part is as good as the first, but it has not its transparency.

CURRENT JELLY.—Pick fine red, but long ripe currants from the stems; bruise them, and strain the juice from a quart at a time through a thin muslin; wring it gently, to get all the liquid; put a pound of white sugar to each pound of juice; stir it until it is all dissolved; set it over a gentle fire; let it become hot, and boil for fifteen minutes; then try it by taking a spoonful into a saucer; when cold, if it is not quite firm enough, boil it for a few minutes longer.

BLACK CURRANT JELLY.—It is necessary to add a little water to the fruit, in order to strain it, it is so very thick, unless jam is made at the same time, when a part can be strained for the jelly, and the remainder used for jam. After it is boiled so as to heat the fruit through, press it little by little until all the juice is extracted; measure the juice, and allow one pound of sugar to every pint of juice; mix the juice and sugar, and boil ten minutes gently, stirring constantly, when it will be ready to put in moulds. Cover with paper wet with brandy.

GOOSEBERRY JELLY.—This is made exactly as black currant jelly; use no water with the fruit, but press it firmly, and make the remains of the pulp into jam; if

desired to remove the skins, pass the pulp through a colander; allow one pound of sugar for one of jam.

RASPBERRY JAM.—Weigh the fruit, and add three-quarters of the weight of sugar; put the former into a preserving-pan, boil, and break it; stir constantly, and let it boil very quickly; when the juice has boiled an hour, add the sugar, and simmer half an hour. In this way the jam is superior in color and flavor to that which is made by putting the sugar in first.

GREENGAGES.—Weigh a pound of sugar to a pound of fruit; the largest when they begin to get soft are the best; split them, and take out the kernels and stew them in part of the sugar, take out the kernels from the shells and blanch them; the next day strain off the syrup and boil it with the remaining sugar about ten minutes; skim it and add the fruit and kernels, skim it until clear, then put into small pots with syrup and kernels.

GREENGAGE JAM.—To every pound of fruit weighed before being stoned allow three-quarters of a pound of lump sugar. Divide the greengages, take out the stones, and put them in a preserving pan. Bring the fruit to a boil, then add the sugar, and keep stirring it over a gentle fire until it is melted. Remove the scum as it rises, and just before the jam is done boil it rapidly for five minutes. To ascertain when it is sufficiently boiled, pour a little on a plate, and if the syrup thickens and appears firm, it is done. Have ready all the kernels blanched, put them into the jam, give them one boil, and pour the preserve into pots. When cold, cover down with oiled papers, and over these tissue paper brushed over on both sides with the white of an egg.

PLUMS.—Prick them with a needle to prevent bursting, simmer them very gently in thin syrup, put them into a China bowl, and, when cold, pour the syrup over. Let them lie three days, then make a syrup of three pounds of sugar to five pounds of fruit, with no more water than hangs to large lumps of the sugar dipped quickly and instantly brought out. Boil the plums in this fresh syrup, after draining them from the first; do them very gently till they are clear and the syrup adheres to them; put them one by one into small pots, and pour the liquor over them.

TO PRESERVE PEACHES.—The clear-stone yellow peaches, white at the stone, are the best. Weigh the fruit after it is pared. To each pound of fruit allow a pound of loaf sugar. Put a layer of sugar at the bottom of the preserving-kettle, and then a layer of fruit, and so on until the fruit is all in. Stand it over the fire until the sugar is entirely dissolved; then boil them until they are clear; take them out piece by piece, and spread them on a dish free from syrup. Boil the syrup in the pan until it jellies; when the peaches are cold, fill the jars half full with them, and fill up with boiling syrup. Let them stand a short time covered with a thin cloth, then put on brandy paper, and cover them close with corks, skin, or paper. From twenty to thirty minutes will generally be sufficient to preserve them.

PEACH MARMALADE.—Prepare peaches as for jam, boil one hour; mix equal parts of sugar with the jam; when dissolved, pass the whole through a sieve; boil slowly two hours, being very careful not to burn; spread it on plates and set it in a cool oven, where it will dry but not burn, for a half day, when it will be ready to pack into moulds; cover the moulds with paper dipped into the white of eggs, beaten as stiff as possible; it must be entirely free from juice, of a dark mahogany color and clear when finished, sufficiently stiff to cut with a knife; keep

it cool; it is liable to mould, which can be the more readily removed if a piece of paper, closely fitting the edges of the jar, is pressed firmly on the marmalade before covering with the egg paper. No air should be allowed to remain in the fruit, which should be packed very closely; and as the marmalade is very thick, it will require some care to accomplish it.

QUINCES PRESERVED WHOLE.—Pare and put them into a saucepan, with the parings at the top; then fill it with hard water; cover it close; set it over a gentle fire till they turn reddish; let them stand till cold; put them into a clear, thick syrup; boil them for a few minutes; set them on one side till quite cold; boil them again in the same manner; the next day boil them until they look clear; if the syrup is not thick enough, boil it more; when cold, put brandied paper over them. The quinces may be halved or quartered.

QUINCE MARMALADE.—To one gallon of quinces, three pounds of good loaf sugar. Pare the quinces and cut them in halves, scoop out the cores and the hard strip that unites the core with the string; put the cores and some of the parings in a saucepan with about a quart of water, put the halves of quinces in a steamer that fits the saucepan; boil them until the quinces are softened by the steam; then mash them with a wooden spoon, in a dish, and pour the water from the saucepan on them, which is now of a thick glutinous substance; put them with the sugar in a stewpan or enamelled saucepan, and let them boil for about half an hour, keeping them well stirred.

QUINCE JELLY.—Take some sound, yellow quinces, which are not over ripe; peel them, cut them in quarters, and boil them in as much water as will cover them. When they have been well boiled, squeeze them through a linen cloth, clarify the juice in a filtering bag, weigh it, and put it with three-quarters of its weight of sugar in a brass kettle. Do not forget to put in a piece of cinnamon. Cook the whole together until it has become a jelly. Take it from the fire, and tie up in pots when it is cold.

MISCELLANEOUS COOKING.

VEAL CUTLETS WITH SWEET HERBS.—Chop all sorts of sweet herbs, mushrooms, a little wintry savory, shallots, pepper and salt, with a spoonful of butter; dip the cutlets in this, and reduce the sauce to make it stick; do them over with egg and bread crumbs, and set them in the oven to bake; then add a glass of white wine to the sauce, skim it well, and when the cutlets are done lay them on a dish, and serve them to table with the sauce poured over.

LEMON SAUCE FOR BOILED FOWL.—Pare off the rind of a lemon, slice it small, and take out all the kernels; bruise the liver of the fowl with two or three spoonfuls of gravy stock; then melt some butter, mix all together, give them a boil, and add a little of the lemon peel.

TO BOIL CORN BEEF.—If the beef is very salt, put it in a pot filled with cold water, and when nearly but not quite boiling, change it for cold water. As soon as the second water boils, skim it until no impurities arise. Keep the pot closed, that it may keep full by the condensing of the steam on the cover. If the lid allows the steam to escape, and the water boils low, fill up with boiling water. Let it boil slowly until tender, so that the bones will slip out. If the meat is not too salt, put in only sufficient water to cover it; remove the scum as it rises, and, when the liquor is clear, close the lid tightly, and boil, as gently as possible, until very tender,