

OUR NEW COOK-BOOK.

Every receipt in this Cook-Book has been tested by a practical housekeeper.

DESSERTS.

A Simple Bread-Pudding.—Take the crumbs of a stale roll, pour over it one pint of boiling milk, and set it by to cool. When quite cold, beat it up very fine with two ounces of butter, sifted sugar sufficient to sweeten it; grate in half a nutmeg, and add half a pound of well-washed currants, beat up four eggs, separately, and then mix them up with the rest, adding, if desired, a few strips of candied orange-peel. All the ingredients must be beaten up together for about half an hour, as the lightness of the pudding depends upon that. Tie it up in a cloth, and boil for an hour. When it is dished, pour a little white-wine sauce over the top.

Crumb-Pudding.—The yolks and whites of three eggs, beaten separately, one ounce moist sugar, and sufficient bread-crumbs to make it into a thick but not stiff mixture; a little powdered cinnamon. Beat all together for five minutes, and bake in a buttered tin. When baked, turn it out of the tin, pour two glasses of boiling wine over it, and serve. Cherries, either fresh or preserved, are very nice mixed in the pudding.

Apple-Snow.—Put twelve good tart apples in cold water, and set them over the fire; when soft, drain the water, strip the skins off the apples, core them, and lay them in a deep dish. Beat the whites of twelve eggs to a stiff froth; put half a pound of finely-powdered white sugar to the apples; beat them to a stiff froth, and add the beaten eggs. Beat the whole to a stiff snow; then turn it into a dessert-dish, and ornament it with myrtle or box.

A Delicious Dish of Apples.—Take two pounds of apples, pare and core them, slice them into a pan; add one pound loaf-sugar, the juice of three lemons, and the grated rind of one. Let these boil about two hours. Turn it into a mould, and serve it with thick custard or cream.

Carrot Marmalade.—Boil one pound of carrots, and scrape off the outside; make syrup as for other sweetmeats, only adding one ounce of ginger to one pound of sugar; boil it well, and strain till the carrots are quite clear.

Apple-Pudding.—Pare and stew three pints of apples; mash them, and add four eggs, a quarter of a pound of butter, sugar and nutmeg, or grated lemon. Bake it on short crust.

ICE-CREAM.

Strawberry Ice-Cream.—Take two pounds of fresh strawberries, carefully picked, and, with a wooden spoon, rub them through a hair-sieve, and about half a pound of powdered sugar, and the juice of one lemon; color with a few drops of prepared cochineal; cream one pint; then freeze. This will make a reputed quart. When fresh strawberries are not in season take strawberry jam, the juice of two lemons, cream, to one quart. Color, strain, and freeze. Milk may be substituted for cream, and makes good ices. If too much sugar is used, the ices will prove watery, or, perhaps not freeze at all.

Raspberry and Currant Ice-Cream.—Take one pound of raspberries, half a pound of red currants, three-quarters of a pound of sugar, and one pint of cream. Strain, color, and freeze. One quart.

Italian Ice-Cream.—Rasp two lemons on some sugar, which, with their juice, add to one pint of cream, one glass of brandy, half a pound of sugar; freeze. One quart.

Lemon Ice-Cream.—Take one pint of cream, rasp two lemons on sugar; squeeze them, and add the juice with half a pound of sugar. Mix; freeze. One quart.

To Clarify Sugar.—Take three pounds of sugar, two pints of water, half the white of one egg, well-beaten up; boil ten minutes, and skim. This is used in all water-ices.

Nesselrode, or Ice-Pudding.—Prepare a custard of one pint of cream, half a pint of milk, the yolks of six eggs, half a stick of vanilla, one ounce of sweet almonds, pounded, and half a pound of sugar; put them in a stewpan over a slow fire, and stir until of proper consistence, being careful not to let it boil; when cold, add a wineglass of brandy; partially freeze, and add two ounces of raisins and half a pound of preserved fruits, cut small. Mix well, and mould. (Basket shape generally used.)

To Mould Ices.—Fill your mould as quickly as possible with the frozen cream, wrap it up in paper, and bury it in ice and salt, and let it remain for an hour or more to harden. For dishing, have the dish ready, dip the mould in hot water for an instant, wipe it, take off the top and bottom covers, and turn it into the dish. This must be done expeditiously. In moulding ices, it is advisable not to have the cream too stiffly frozen before putting it into the mould.

Vanilla Ice-Cream.—Pound one stick of vanilla, or sufficient to flavor it to palate, in a mortar, with half a pound of sugar; strain through a sieve upon the yolks of two eggs, put it into a stewpan, with half a pint of milk; simmer over a slow fire, stirring all the time, the same as custard; when cool, add one pint of cream and the juice of one lemon; freeze. One quart.

Lemon Water-Ice.—Take two lemons and rasp them on sugar, the juice of six lemons, the juice of one orange, one pint of clarified sugar, and half a pint of water. Mix; strain through a hair-sieve; freeze. One quart.

Cherry Water-Ice.—One pound of cherries, bruised in a mortar with the stones; add the juice of two lemons, half a pint of water, one pint of clarified sugar, one glass of noyau, and a little color; strain; freeze. One quart.

Strawberry or Raspberry Water-Ice.—One pound of scarlet strawberries or raspberries, half a pound of currants, half a pint of water, one pint of clarified sugar, and a little color; strain and freeze. One quart.

Melon Water-Ice.—Half a pound of ripe melon pounded in a mortar, two ounces of orange-flower water, the juice of two lemons, half a pint of water, and one pint of clarified sugar; strain; freeze. One quart.

Pine-Apple Ice-Cream.—Take one pound of pine-apple, when peeled, bruise it in a marble mortar, pass it through a hair-sieve, add three-quarters of a pound of powdered sugar, and one pint of cream. Freeze.

Ginger Ice-Cream.—Bruise six ounces of the best preserved ginger in a mortar; add the juice of one lemon, half a pound of sugar, one pint of cream. Mix well; strain through a hair-sieve; freeze. One quart.

SANITARY.

Dr. Liebig's Beef-Tea.—When one pound of lean beef, free from fat, and separated from the bones, in the finely-chopped state in which it is used for mince-meat, or beef-sausages, is uniformly mixed with its own weight of cold water, slowly heated till boiling, and the liquid, after boiling briskly for a minute or two, is strained through the towel from the coagulated albumen and the fibrine, now become hard and horny, we obtain an equal weight of the most aromatic soup, of such strength as cannot be obtained even by boiling for hours from a piece of flesh. When mixed with salt and the other additions by which soup is usually seasoned, and tinged somewhat darker by means of roasted onions, or burnt bread, it forms the very best soup which can, in any way, be prepared from one pound of flesh.

For Burns and Scalds.—Soak a piece of linen rag in linseed oil, suspend it from the tongs over a saucer, and ignite the lower end; the oil which drops from it, whilst consuming, should be applied, when cold, with a feather, to the burn or scald. If kept in a bottle well-corked, it loses none of its efficacy.