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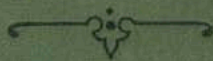
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GUIDE

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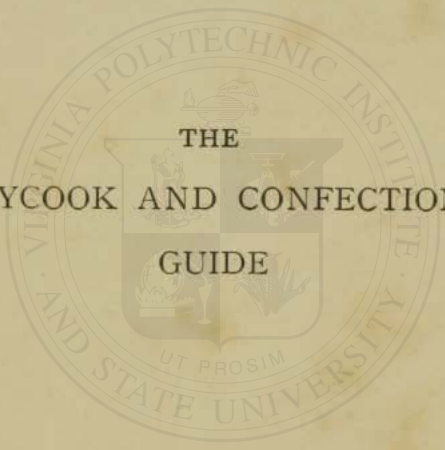
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AND GAME—ORNAMENTAL SUGAR-
WORK AND BUTTER-WORK
ETC. ETC.*

AND

USEFUL HINTS AND INSTRUCTIONS

BY

ROBERT WELLS

PRACTICAL BAKER, CONFECTIONER, AND PASTRYCOOK
AUTHOR OF "THE BREAD AND BISCUIT BAKER'S AND SUGAR BOILER'S ASSISTANT"

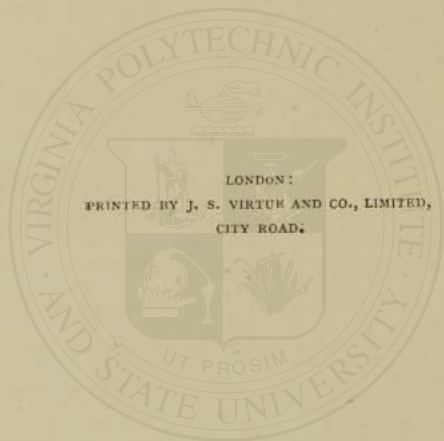


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PREFACE.

As a practical man, of about thirty years' experience in the trade, my aim in the present work is to put before the working Pastrycook and Confectioner a collection of valuable Recipes, which I have noted down from time to time in the course of my daily avocations. Having had considerable experience in some of the best shops in London and Edinburgh, I venture to believe that I have special qualifications for the task I have undertaken; and in this belief I am encouraged by the wide and general acceptance which has been accorded to my previous work, "The Bread and Biscuit Baker's and Sugar Boiler's Assistant."

In my opinion, there is ample room and scope for very great improvement in the artistic side of the work of the pastrycook and confectioner. Here, as in all other departments of human taste and invention, *culture*—be it ever so little—*tells*. I have seen, in some confectioners' and pastrycooks' windows, really beautiful examples of ornamental sugar-work, which I am convinced could not have been turned out by anyone who had not made acquaintance with the fundamental principles of

perspective and the laws of harmony in form and colour. I have seen other sugar-work that was simply hideous—a monstrous and sad outrage on all true notions of art.

And it is not only the preparation of his wares that calls for thoughtful study and careful attention to detail on the part of the tradesman who desires to excel and prosper. The dressing of the shop window, and the arrangement of the shop counter, are obviously things of very great importance if a good trade is to be done. The way in which confectionery and pastry should be handled when customers are served is also worthy of notice. However good the articles offered may be, and however artistic may be the devices employed in their preparation for pleasing the eye of the buyer, much of the otherwise good effect will be marred if the persons who serve are deficient in care and attention to what may be termed “the delicacy of the situation.” I would therefore caution the confectioner’s assistant to avoid, if possible, touching confectionery with the fingers, and would strongly advise the use of the scoop, the tongs, and the confectioner’s fork, which are generally to be seen in a well-ordered establishment.

With these remarks I commend the following pages to the attention of my brethren in the trade, in the earnest hope that the work may prove of real and lasting service to those whom it is intended to help.

SCARBOROUGH,

April, 1889.

CONTENTS.

| | PAGE |
|---|------|
| PREFACE | v |
| I.—INTRODUCTORY CHAPTER. | |
| The Composition of Eggs | 1 |
| How to Preserve Eggs | 2 |
| Proper Conditions for Butter Making | 3 |
| Varieties of Sugar | 4 |
| The Question of Adulteration | 4 |
| " German " and " French " Yeast, as made in England | 5 |
| The Mixing of Dough | 6 |
| II.—PLAIN AND FANCY BREAD. | |
| 1. Household Bread | 9 |
| 2. Diet or Whole Meal Bread | 9 |
| 3. Rye Bread | 9 |
| 4. Milk Bread | 10 |
| 5. Plain Breakfast Rolls | 10 |
| 6. Viennese Rolls | 10 |
| 7. Queen's Bread | 11 |
| 8. American Condums | 11 |
| 9. French Rolls | 11 |
| 10. French Bread | 11 |
| 11. Vienna Bread | 12 |
| 12. Old English Bread | 12 |
| 13. Indian Bread (American Fancy Bread) | 13 |
| 14. Graham Bread Do. | 13 |
| 15. Travellers' Bread Do. | 13 |
| 16. Muffins | 14 |
| 17. Another Way | 15 |
| 18. Crumpets | 15 |

| | PAGE |
|--|------|
| III.—TEA CAKES, BUNS, &c. | |
| 19. Tea Cakes | 17 |
| 20. Russian Tea Cakes | 17 |
| 21. Sally Lunns | 17 |
| 22. London Buns | 18 |
| 23. Chelsea Buns | 18 |
| 24. Bath Buns | 18 |
| 25. German Buns | 18 |
| 26. Berlin Pancakes | 19 |
| 27. Scotch Scones | 19 |
| 28. Common Eccles Cakes | 19 |
| 29. Switchback Buns | 20 |
| 30. Swiss Buns | 20 |
| 31. Lumley Buns | 20 |
| IV.—FANCY BISCUITS, ALMONDS, &c. | |
| 32. Digestive Biscuits | 21 |
| 33. Charcoal Biscuits | 21 |
| 34. Aquarium Biscuits | 21 |
| 35. Thick Digestive Biscuits | 22 |
| 36. Wine Biscuits | 22 |
| 37. Abernethy Biscuits | 22 |
| 38. Cinnamon Biscuits | 22 |
| 39. Pavilion Biscuits | 22 |
| 40. Rose Biscuits | 23 |
| 41. Syringe Biscuits | 23 |
| 42. Orange or Lemon Biscuits | 23 |
| 43. Meringues or Meringles | 23 |
| 44. Imperials | 24 |
| 45. Fine Rusks | 24 |
| 46. Cinnamon Rusks | 25 |
| 47. Cream Biscuits | 25 |
| 48. Butter Biscuits | 25 |
| 49. Naples Biscuits | 25 |
| 50. Macaroons | 26 |
| 51. Princess Biscuits | 26 |
| 52. Ratafias | 26 |
| 53. Another Way | 27 |
| 54. Almond Filberts | 27 |
| 55. Rock Almonds (White) | 27 |
| 56. Rock Almonds (Pink) | 28 |
| 57. Rock Almonds (Brown) | 28 |
| 58. Lily Biscuits | 28 |
| 59. Royal Hearts | 28 |

V.—PLAIN AND FANCY CAKES.

| | PAGE |
|---|------|
| CAKE-MAKING MACHINERY | 29 |
| INSTRUCTIONS FOR BAKING CAKES | 29 |
| 60. Method of Creaming Cakes | 30 |
| 61. Madeira Cakes | 30 |
| 62. Another Way | 30 |
| 63. Cocoa Nut Cake | 30 |
| 64. American Genoa Cake | 31 |
| 65. Rice Cake | 31 |
| 66. Seed Cake | 31 |
| 67. Plum Cake | 31 |
| 68. Good Plum Cake | 31 |
| 69. Best Plum Cake | 32 |
| 70. Albert Cakes | 32 |
| 71. Lunch Cake | 32 |
| 72. Rice Cake | 32 |
| 73. Inside Mixture for Pound Cheese Cakes | 33 |
| 74. Genoa Cake | 33 |
| 75. Bordeaux Cake | 33 |
| 76. Improving Stale Cakes | 33 |
| 77. Queen Cakes (Best) | 33 |
| 78. Queen Cakes | 34 |
| 79. Common Sultana Cakes | 34 |
| 80. Sultana Cake | 34 |
| 81. Almond Cheese Cakes | 34 |
| 82. Lemon Cheese Cakes | 35 |
| 83. Orange Cheese Cakes | 35 |
| 84. Citron Cheese Cakes | 35 |
| 85. Rice Cheese Cakes | 35 |
| 86. Common Cheese Cakes | 36 |
| 87. Italian Swiss Roll | 36 |
| 88. Sponge Cakes in Pound Tins | 36 |
| 89. To Make Sponge Cakes in Shapes | 37 |
| 90. To Make Sponge Cakes, to Ornament | 37 |
| 91. To Make Savoy Cakes in Shapes | 37 |
| 92. To Make Savoy Cakes, to Ornament | 37 |
| 93. To Make Sponge Rice Cake | 38 |
| 94. Nelson or Eccles Cake | 38 |
| 95. Coventry Cakes | 38 |
| 96. Girdle Scones | 39 |
| 97. Girdle Cakes or Scones | 39 |
| 98. Scotch Oat Cake | 39 |
| 99. Fat Cakes | 40 |
| 100. Oatmeal Cakes | 40 |
| 101. Lemon Cheese for Cheese Cakes | 40 |

| | PAGE |
|--|------|
| V.—PLAIN AND FANCY CAKES (<i>continued</i>)— | |
| 102. Princess Beatrice Cakes | 40 |
| 103. Almond Simmel Cakes | 41 |
| 104. Bury Simnels | 41 |
| 105. Maids of Honour | 42 |
| 106. Another and more Modern Way | 42 |
| 107. Rich Cherry Cake | 43 |
| 108. Best Gingerbread | 43 |
| 109. Ginger Fingers | 43 |
| 110. Whole Meal Ginger Nuts | 43 |
| 111. Scotch Shortbread | 44 |
| 112. English Shortbread | 44 |
| 113. French Shortbread | 44 |
| 114. Sea-Foam Flour for Snow Cake | 45 |
| VI.—PIES, PUDDINGS, AND CUSTARDS. | |
| 115. A Creamed Apple Pie | 46 |
| 116. To Ice Tarts | 46 |
| 117. Apple Pie | 46 |
| 118. Gooseberry Pie | 47 |
| 119. Currant Pie | 47 |
| 120. Rhubarb Pie | 47 |
| 121. Mincemeat | 47 |
| 122. Mince Pie | 47 |
| 123. Apricot Tart | 48 |
| 124. Apple Dumpling | 48 |
| 125. Jam Dumpling or Blanket | 49 |
| 126. Marrow Pastry | 49 |
| 127. Pancakes | 49 |
| 128. Macaroni Pudding | 49 |
| 129. Bread and Butter Pudding | 50 |
| 130. Apple or Currant Fritters | 50 |
| 131. Oatmeal Pudding | 50 |
| 132. Rice Pudding | 50 |
| 133. Vermicelli or Macaroni Pudding | 50 |
| 134. Lemon Dumplings | 51 |
| 135. Simple Suet Dumpling | 51 |
| 136. To Whip Cream | 51 |
| 137. To make a Trifle | 51 |
| 138. To make a Custard | 52 |
| 139. Another Way | 52 |
| 140. Almond Custards | 52 |
| 141. Lemon or Orange Custards | 52 |
| 142. A Baked Custard | 53 |

| | PAGE |
|--|------|
| VI.—PIES, PUDDINGS, AND CUSTARDS (<i>continued</i>)— | |
| 143. Paste for Baked Custards | 53 |
| 144. Puff Paste | 53 |
| 145. Another Way | 53 |
| 146. Another Way | 54 |
| 147. A Pyramid in Puff Paste | 54 |
| 148. To Make a Handsome Tartlet | 54 |
| 149. Crisp Tart Paste | 54 |
| 150. Sweet Tart Paste | 55 |
| 151. French Pastry | 55 |
| 152. Patisserie d'Amandes à la Condé | 55 |
| 153. Swiss Tarts | 55 |
| 154. To make a Hedgehog | 56 |
| VII.—ICE CREAMS AND WATER ICES. | |
| 155. Building an Ice-House | 57 |
| 156. Filling the Ice-House | 58 |
| 157. The Freezing Tub | 59 |
| 158. To Freeze Ices | 60 |
| 159. To put Ice Cream into Moulds, Fruit Shapes, &c. | 61 |
| 160. To mix Strawberry Ice Cream | 62 |
| 161. Strawberry Ice from Strawberry Jam | 62 |
| 162. Fresh Raspberry Ice | 62 |
| 163. Raspberry Ice from Jam | 62 |
| 164. Fresh Apricot Ice | 62 |
| 165. Apricot Ice from Marmalade | 63 |
| 166. Greengage Ice from Fresh Fruit | 63 |
| 167. Peach Ice from Fresh Fruit | 63 |
| 168. Peach Ice from Marmalade | 63 |
| 169. Red Currant Ice from Fresh Fruit | 63 |
| 170. Barberry Ice from Fresh Fruit | 64 |
| 171. Barberry Ice from Marmalade | 64 |
| 172. Damson Ice from Fresh Fruit | 64 |
| 173. Damson Ice from Marmalade | 64 |
| 174. Lemon Ice Cream | 64 |
| 175. Pistachio Ice | 65 |
| 176. Biscuit Ice | 65 |
| 177. Ginger Ice | 65 |
| 178. Prince of Wales Ice | 65 |
| 179. Royal Ice Cream | 65 |
| 180. Brown Bread Ice Cream | 66 |
| 181. Burnt Almond Ice | 66 |
| 182. Burnt Filbert Ice | 66 |
| 183. Prunella Ice | 67 |

| | PAGE |
|--|------|
| VII.—ICE CREAMS AND WATER ICES (<i>continued</i>)— | |
| 184. Parmesan Cheese Ice | 67 |
| 185. Tea Ice Cream | 67 |
| 186. Coffee Ice Cream | 67 |
| 187. Chocolate Ice Cream | 67 |
| 188. Seville Orange Ice from Fresh Fruit | 68 |
| 189. Seville Orange Ice from Marmalade | 68 |
| 190. Pineapple Ice from Fresh Fruit | 68 |
| 191. Pineapple Ice from Marmalade | 68 |
| 192. Melon Ice Cream | 68 |
| 193. Lemon Water Ice | 69 |
| 194. Orange Water Ice | 69 |
| 195. Currant Water Ice | 69 |
| 196. Strawberry Water Ice | 69 |
| 197. Raspberry Water Ice | 69 |
| 198. Barberry Water Ice | 69 |
| 199. Winesour Water Ice | 69 |
| 200. Damson Water Ice | 70 |
| 201. China Orange Water Ice | 70 |
| 202. Apricot Water Ice | 70 |
| 203. Green Gooseberry Water Ice | 70 |
| 204. Red Gooseberry Water Ice | 70 |
| 205. Morella Cherry Water Ice | 70 |
| 206. Mulberry Water Ice | 71 |
| 207. Peach Water Ice | 71 |
| 208. Nectarine Water Ice | 71 |
| 209. Pineapple Water Ice | 71 |
| VIII.—JELLIES. | |
| 210. Calp's-Foot Jelly | 72 |
| 211. Another Way | 72 |
| 212. To Ornament Jelly | 72 |
| 213. A Corner Dish or Fish Pond | 73 |
| 214. Maraschino Jelly | 73 |
| 215. Gold or Silver Jelly | 73 |
| 216. Lemon Jelly | 74 |
| 217. Orange Jelly | 74 |
| 218. Hartshorn Jelly | 74 |
| IX.—ORNAMENTAL SUGAR-WORK. | |
| 219. To make Gum Paste | 75 |
| 220. To Ornament a Cake with Gum Paste | 76 |
| 221. To Raise the Top of a Cake with Twisted Paste | 76 |

IX.—ORNAMENTAL SUGAR WORK (*continued*)—

| | PAGE |
|--|------|
| 222. To make a Fountain in Gum Paste | 77 |
| 223. A Sponge Cake as a Melon Ornamented with Fruit | 77 |
| 224. A Sponge Cake as a Melon Ornamented with Flowers | 77 |
| 225. A Sponge Cake to represent a Ripe Melon | 78 |
| 226. To Ornament a Sponge Cake as a Pyramid | 78 |
| 227. To Ornament a Sponge Cake as a Turban | 79 |
| 228. To Ornament a Cake as a Basket of Flowers | 79 |
| 229. An Ornamented Cake as a Flower Pot | 79 |
| 230. An Ornamented Cake as an Elephant | 79 |
| 231. To make Custard Cups | 80 |
| 232. Ornamental Baskets | 80 |
| 233. To Prepare Icing for Cakes, Biscuits, &c. | 80 |
| 234. Almond Icing for Bride Cakes | 81 |
| 235. Piping Cakes | 81 |

X.—JOINTS AND MEAT DISHES.

| | |
|--|----|
| 236. Joints of Beef | 82 |
| 237. Beef Steaks | 83 |
| 238. To stew a Round | 83 |
| 239. To stew Beef in Slices | 83 |
| 240. Minced Meat or Collops | 83 |
| 241. Scotch Collops | 84 |
| 242. To dress Cow's Head | 84 |
| 243. Joints of Mutton | 84 |
| 244. Mutton Chops | 84 |
| 245. Mutton Hash | 84 |
| 246. Veal | 85 |
| 247. Veal Cutlets | 85 |
| 248. To stew Veal | 85 |
| 249. Stuffing for Veal | 85 |
| 250. To dress a Calf's Head | 86 |
| 251. Joints of Pork | 86 |
| 252. Pork Steaks | 86 |
| 253. To roast a Sucking Pig | 87 |
| 254. Lamb | 87 |
| 255. Lamb Cutlets with Spinach | 87 |
| 256. Lamb's Head | 87 |
| 257. Scotch Haggis | 88 |
| 258. To salt a Beef Ham | 88 |
| 259. To salt a Mutton Ham | 88 |
| 260. To salt a Bacon Ham | 89 |

| | PAGE |
|--|------|
| X.—JOINTS AND MEAT DISHES (<i>continued</i>)— | |
| 261. To Cure Tongues | 89 |
| 262. To boil Vegetables Green | 89 |
| XI.—MEAT PIES AND PATTIES. | |
| 263. Beef Steak Pie | 90 |
| 264. Veal Pie | 90 |
| 265. Mutton Pie | 90 |
| 266. Giblet Pie | 90 |
| 267. Pigeon Pie | 91 |
| 268. Paste for Small Raised Pies | 91 |
| 269. Paste for Goose Pie | 91 |
| 270. Oyster Patties | 91 |
| 271. Lobster Patties | 92 |
| XII.—POULTRY AND GAME. | |
| 272. Directions for Dressing Poultry | 93 |
| 273. To roast Fowls and other Poultry | 93 |
| 274. To boil a Turkey | 94 |
| 275. To roast a Turkey or Fowl | 94 |
| 276. To boil Fowls | 94 |
| 277. To roast Ducks | 95 |
| 278. To stew a Duck | 95 |
| 279. To roast a Goose | 95 |
| 280. Giblets | 96 |
| 281. To stew Pigeons | 96 |
| 282. To roast Pigeons | 96 |
| 283. Directions for dressing Game | 96 |
| 284. Pheasants and Partridges | 96 |
| 285. Grouse | 97 |
| 286. To roast Wild Fowl | 97 |
| 287. Wild Ducks | 97 |
| 288. Woodcocks, Snipes, and Quails | 97 |
| 289. Guinea and Pea Fowls | 97 |
| 290. To roast Hare | 98 |
| 291. Broiled and Hashed Hare | 98 |
| 292. Stewed Rabbits | 98 |
| 293. Roasted Rabbits | 98 |
| XIII.—ORNAMENTAL BUTTER-WORK. | |
| 294. To Ornament a Tongue as a Dolphin | 99 |
| 295. To Ornament a Tongue with Flowers | 99 |
| 296. To Ornament Potted Meat as a Hen and Chickens | 100 |
| 297. To Ornament a Pie as a Lion | 100 |
| 298. To Ornament Hams | 100 |

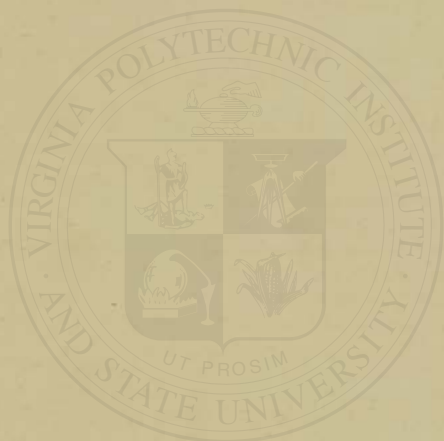
CONTENTS.

XV

PAGE

XIV.—SUNDRIES FOR CONFECTIONERS.

| | |
|---|-----|
| 299. To Clarify Sugar | 102 |
| 300. To Test the Purity of Essence of Lemcn | 102 |
| 301. Eclairs | 103 |
| 302. Petits Choux | 103 |
| 303. Lemon Drops | 103 |
| 304. Lemonade | 104 |
| 305. Currant and Raspberry Summer Drink | 104 |
| 306. Mulberry Summer Drink | 104 |
| 307. Ginger Pop | 104 |



THE
PASTRYCOOK AND CONFECTIONER'S
GUIDE.

I. INTRODUCTORY CHAPTER.

As eggs, butter, and sugar enter largely into the daily work of the pastrycook and confectioner, a short dissertation on each will, I think, be of use, or at all events interesting, to some at least of my readers.

EGGS.

Mr. P. L. Simmonds, F.L.S., in the course of a lecture on "The Composition of Eggs," adverted in the first place to that complex structure, the shell, which, as he explained, in place of being the tight, compact covering it appears to be, is everywhere perforated with holes, resembling, when looked at through a microscope, the white perforated paper sold by stationers. Through these holes there is constant evaporation going on, so that an egg from the day it is first dropped is daily losing weight. The shell is made up chiefly of earthy matter, the proportions varying according to the food of the bird, but 90 to 97 per cent. is generally carbonate of lime; the remainder is composed of from 2 to 5 per cent. of animal matter, and 1 to 5 per cent. of phosphate of lime and magnesia. Oats, on which hens chiefly feed, contain phosphate of lime, with an abundance of silica, and the stomach and assimilating organs of the bird are made capable of decomposing and rending

asunder the lime salt, and forming with the silica a silicate of lime. The shell of an ordinary hen's egg weighs about 105 grains—that is the inorganic portion of it—and if a bird lays 100 eggs in the year she produces nearly 22 ozs. of nearly pure carbonate of lime in that period of time.

The composition of a fresh egg, exclusive of the shell, is 74 parts water, 14 albumen, 10.5 oil or fat, and 1.5 mineral salts. The yolks contain water and albumen, but associated with these is quite a large number of mineral and other substances, which render it very complex in composition. The bright yellow colour is due to a peculiar fat or oil, which is capable of reflecting the yellow rays of light, and this holds the sulphur and phosphorus which abound in the egg. The yolk contains relatively a less proportion of nitrogenous matter than the white, and the proportion of solid matter, on account of the fat, is considerably greater. An egg weighing $1\frac{3}{4}$ ozs. consists of 120 grains of carbon and $17\frac{3}{4}$ grains of nitrogen. The white of egg contains a much larger proportion of water than the yolk; it contains no fatty matter, but consists mainly of albumen in a dissolved state, and enclosed within very thin walled cells. It is this arrangement which gives to the white of egg its ropy gelatinous state. The albumen or white of egg is a coagulable lymph in its purest natural state, convertible by the action of heat at about 124° Fahr. into thin white fibres, and at 160° into a solid mass. In a heat not exceeding 212° it dries, shrinks, and has the appearance of horn. When burnt it emits ammonia, and when treated with nitric acid yields nitrogen.

How to Preserve Eggs.—Procure as many fresh-laid eggs as you may want to preserve. Take a square box and line the bottom of the box with common salt; then rub each egg thoroughly over with fresh butter and lay the eggs in rows on the top of the salt, the small end uppermost. Put another layer of salt on the top of the eggs, and proceed with the others

till your box is filled, putting a layer of salt on the top of each division. This is a clean, easy, and effectual way to preserve eggs.

Another Way.—The following is the method used in Australia for preserving eggs. The vessels in which the eggs are to be placed are glass jars with patent stoppers, vulcanised india rubber joints making them perfectly air-tight. As soon as the eggs have been collected, the jars are placed in hot water for some time and left until the air in them has become thoroughly warm and rarefied. The jars having been heated, the eggs are wrapped in paper to prevent them knocking together, and placed in the jars, their pointed ends uppermost. The jars are immediately closed up, and then, and not until then, are removed from the hot water. It is said that if this process is skilfully carried out the eggs will be as fit for the breakfast table many months after they were put in the jars as on the day they were laid. The great secret of success in carrying out this method is, no doubt, to thoroughly heat the air in the jars. The eggs will stand a better chance of keeping if the paper in which they are packed is previously baked and used warm. Patent stoppered jars are not absolutely necessary, any stopper answering which effectually excludes the air.

BUTTER-MAKING.

In regard to butter-making, by whatever process or utensil butter is made, the cream should always be at a temperature of about 60° Fahr. Consequently, it requires a cool place in hot weather, and occasionally artificial heat in cold weather. There are charms which are said to be serviceable in “making the butter to come.” One which was once in common use in the North was to chant the following strain:—

“Peter standing at the gate,
Waiting for a butter cake,
Churn, butter, churn!”

Possibly these words, set to a lively-going tune, might get a speedier action out of the arms of the churner, and thus bring the butter sooner. There is another north-country milkmaid's charm, now nearly forgotten, which may interest some. If a milch cow was cross when being milked, and had the fault of kicking over the milkpail occasionally, it was said that she could be made quite docile by a few soft pats on the flank, the milkmaid repeating the while this singular charm—

“Approche, Madame! Approche, Madame!”

SUGAR.

Mr. F. Barker Cooke, in a lecture on “Sugar” before the City of London College Science Society, said that the Greeks and Romans knew of the existence of sugar (as evidenced by their writings), although they used honey for sweetening purposes; and after tracing the history of sugar from their time to the present, Mr. Cooke gave a detailed account of the extraction of sugar from the cane, beetroot, date-palm, maple-tree, milk, malt, and starch. He then explained that sugar was really a generic term for very many different substances, which are divided into the three groups of saccharoids, glucoses, and saccharoses, each having its characteristic properties. He pointed out that twenty varieties of cane sugar are known, varying from white crystals from the Mauritius to a very black sugar from Manilla. Beet sugars also are produced of all shades.

ADULTERATION.

A few words may be added here on a subject of the greatest importance—Adulteration. While science is daily at work analysing and detecting the existence of foreign bodies in our food, it is still more actively, though not quite so creditably, engaged in devising means by which fraud can be successfully carried out.

Mr. Richard Bannister showed, in his lectures at the Society of Arts, how a legitimate endeavour on the part of chemists to produce artificial butter from animal fat led to the production of butterine and oleomargarine. The compounds as first made were really in all their chemical constituents the exact counterparts of butter made from cream in the churn, but they soon got into the hands of the adulterants, and became a curious mixture.

Recently it was shown that, not content with debasing olive oil with another and cheaper vegetable oil, the vendors or blenders of these commodities have taken to adulterating the adulterant oil with an entirely foreign element, so as to increase its weight and substance.

Yet another instance. Herr van Hamel Roos has recently detected at Amsterdam 30 per cent. of marble dust in ground rice which had been imported from Paris; while in Haute Vienna, one of the most extensive millers of the district has been found to have mixed carbonate of lead with his flour. This fraud gives the flour a fine appearance, rendering it whiter, and enables the dealer to pass off inferior qualities at the price of a superior article. The consumer, of course, is liable to the miseries of lead-poisoning, but this is a trifling matter to the fraudulent manufacturer.

If our own Government were to give their attention in a serious and forcible way to the adulterated commodities which are allowed to be consumed by the nation, it would go a long way to make a healthier, and happier, and a more contented people.

YEAST.

Yeast is an item of great importance to the pastrycook. Yeast of the German and French kind is now made in England and Scotland, and I am myself using at the present time yeast of English make. One could not desire better, and it can be

bought at a much cheaper rate than either German or French yeast. That which is made in Scotland I have tried, and I must confess I do not like it; but they may have improved their method since my experience of it, as it is now a few years since I used it.

THE MIXING OF DOUGH.

I will conclude this chapter with a few practical hints on the mixing of dough for the various kinds of common cakes, biscuits, &c. Instead of rubbing the butter or lard into the flour, as the old method is, first sift your flour with whatever other ingredients you require for mixing with it—such as cream of tartar, soda, ammonia, acid, &c.; then make a bay in the centre of the flour, and add your butter or lard along with the sugar: cream all these well together in the bay, and add your remaining ingredients, such as eggs, milk, &c., making all into dough or batter, as may be required. This method may give a little more trouble, but will be found a great improvement on the old one as regards the quality of the articles turned out. And we must never forget that if we aim at *excellence*, whether in quality or otherwise, we must never spare our pains and trouble in our work.



II. PLAIN AND FANCY BREAD.

1.—Household Bread.

Put 1 stone of flour in a basin and make a hole in the centre of the flour. Have previously dissolved in a large cup of warm water 2 ozs. of German yeast ; pour the yeast into the hole in the flour ; stir a little flour in ; let it stand for about two hours in a warm place ; then add 3 ozs. of salt and sufficient milk or water to make it into a nice mellow dough ; let it stand for one hour, then put it into tins and let it prove ; then bake it off. Let the oven be a good sound heat.

2.—Diet or Whole Meal Bread.

Take 8 lbs. of granulated wheat meal, 4 ozs. of cream of tartar, 2 ozs. of soda, 4 ozs. of castor sugar, 2 ozs. of salt. Sift all the ingredients well together, along with the wheat meal ; make a good large bay in the centre of the flour ; put as much churned milk in as you think will take in all the flour, and make into a nice working dough. Weigh off at 2 lbs., 1 lb., or whatever size loaves are required. They are generally baked in oval tins turned upside down on the loaves, and should be baked in a sound oven.

3.—Rye Bread.

Put 8 lbs. of household flour in a basin ; make it into a weak dough, so as you can stir it nicely with a spoon ; give it 4 ozs.

of German yeast, and let the water be about 100° Fahr. When this is ready, as it should be in two hours, thoroughly dissolve 4 ozs. of black treacle in a cup of warm water with 3 ozs. of salt; mix this amongst the sponge and make up with rye meal. Put it into tins, let it prove, and bake in a sound oven.

4.—Milk Bread.

Take 8 lbs. of flour, 3 ozs. of cream of tartar, 2 ozs. of soda, and mix all together. Put 6 ozs. of butter or lard into the flour, make a bay, put in 3 ozs. of castor sugar and 1½ ozs. of salt; make into nice working dough with churned milk; put into tins at once and bake in a sound oven.

5.—Plain Breakfast Rolls.

Set a sponge with 8 lbs. of Hungarian or best flour; give it 4 ozs. of good German yeast, and let the water be of the same heat as for rye bread. It should be ready in about two hours. Dissolve 2 ozs. of salt in a small cup of water, mix it well in the sponge, and make it into dough. Let it stand a little till it proves; then work it off into long rolls; lay them side by side on an edged pan, grease the ends, let them prove, and bake in a sharp oven.

6.—Viennese Rolls.

Take 8 lbs. of Vienna flour, 3 ozs. of French yeast, 2 ozs. of butter, 1 oz. each of salt and sugar, and ¼ lb. of potatoes, peeled and boiled, and broken up fine. Put 2½ quarts of water or milk into a basin about blood heat, and mix into it the yeast, potatoes, sugar, and about 1 lb. of flour. Put this to ferment for about three hours; when it drops it will do to take up; the salt is now added to the sponge; rub the butter into the remainder of the flour, then mix it with the sponge, and make up the dough rather soft. Let it prove for another hour,

then give it what the bakers call a "slight head up;" weigh into quarter, half, or pound weight loaves, and mould them up—the smaller into oval, the larger into long rolls; then let them stand till they prove. If a brick oven, bake on over bottom; if an iron oven, they must be proved on a baking sheet or pan.

7.—Queen's Bread.

Take half a gallon of new milk about 90° Fahr., and put into the milk 5 ozs. of German yeast. When properly dissolved, add 1 lb. of flour and 1 lb. of moist sugar, and let it ferment for two hours. Then have melted 1½ lbs. of butter, pour it into the ferment with 6 eggs and 2 ozs. of salt, and make all into a dough. Let it stand for half an hour, and work off into horse-shoes, circles, twists, &c. Prove, and bake in a good oven.

8.—American Condums.

(For Breakfast.)

Use the same dough as for plain breakfast rolls; mould them up the shape of an egg, but the dough must be if anything a little tighter; when moulded take your pin and press it in the middle of the roll; have a tin or board with a cloth laid on it well dusted with flour, lay your condums on the cloth, and let a small piece of the cloth be between each condum to keep them from sticking. Prove, and bake on the oven bottom.

9.—French Rolls.

Use the same dough as for the above, but moulded a little longer, as for condums. Bake in French roll pans.

French rolls must always be rasped.

10.—French Bread.

Take 1 pint of milk, 1 lb. of butter, 4 ozs. of sugar, 1 oz. of

salt, 10 eggs, 2 ozs. of yeast, and about 5 lbs. of Hungarian flour. Warm the milk, dissolve the sugar and yeast in it with 4 ozs. of flour. Let this ferment for about two hours, then break the eggs into it, rub the butter amongst the flour, add the salt, and mix the whole into a good firm dough. Let the dough prove, and knead it up again; weigh off at 2 ozs. each; mould like a cottage loaf with a small top; let it prove on tins, and bake a nice colour. Wash over the tops with milk. This is what is called "Baker's Brioche."

11.—Vienna Bread.

Take 12 lbs. of Vienna flour, 3 quarts of milk, $1\frac{1}{2}$ ozs. of salt, $\frac{1}{4}$ lb. of German yeast, 1 lb. of potatoes. Warm 5 pints of milk to about 90° ; pare the potatoes and pound them to pulp; put them in the milk with some flour, add the yeast so as to form a ferment, and when ready dissolve the salt in a pint of the milk made warm. Make it into dough, and let it prove; then take as much dough as you require and rub some butter in with some flour; add some loaf sugar, making it to the consistence required to shape into twists, rings, horse-shoes, &c., &c. Prove them in the same manner as buns; bake in a sound oven, and when done wash over with egg and milk. Some persons put carraway seeds or salt on the twists to make a different appearance.

12.—Old English Bread.

14 lbs. of rough wheat meal, 2 lbs. of white flour, 1 lb. of butter, 6 ozs. of yeast, 2 quarts of milk, and 2 quarts of water. Rub the butter in the meal, and make a bay, having dissolved the yeast in the milk, which should be about 80° Fahr. Pour into the bay, and make all into a dough. Let it stand half an hour and scale off and prove; bake in a moderate oven.

American Fancy Breads.

Our Transatlantic cousins have a great variety of bread, which appears every morning on the breakfast-table. In this country ninety-nine housewives out of a hundred are content with the same accustomed "staff of life" day after day, and month after month, sometimes varying the monotony with a few breakfast rolls. In addition to the Condums, for which a recipe is given above, we append three examples of the forms of American fancy bread in common use.

13.—Indian Bread.

Take half a pint each of buttermilk and sweet milk, adding one half teaspoonful of carbonate of soda to the former; beat up two fresh eggs—whites and yolks together—pour the milk into the eggs, stirring gently at the same time; then sprinkle in nine tablespoonfuls of sifted Indian corn meal, and mix thoroughly; put a piece of lard the size of an egg in the pan in which you are going to bake your bread, and when it is melted pour in your batter, having previously added a teaspoonful of salt. Bake in a moderate oven until crisp and light.

14.—Graham Bread.

This is very delicious and simple to make. To make a loaf take two cups of white bread sponge, adding two tablespoonfuls of brown sugar and sufficient flour to make a stiff batter; let it rise, then add more flour, enough to knead it up with. Put it in the pan to rise still more, and then bake a pale colour.

15.—Travellers' Bread.

This favourite article with the Yankees is made by mixing with 1 lb. of flour about $\frac{1}{2}$ lb. of currants, dates, figs, and raisins, all of them except the currants being chopped fine.

Stir, till quite stiff, with the coldest water obtainable—iced is the best—moving the spoon briskly in order to incorporate air with it ; now knead in more flour, cut into cakes or rolls about half an inch thick, and bake in a quick oven.

All these American Breads are eaten hot, being torn or broken with the hand—not cut with a knife—and either molasses or butter may be taken with them.

16.—Muffins.

Sift through the sieve 4 lbs. of good Hungarian flour ; take as much water and milk as will make the above into a nice-sized batter, having previously dissolved 2 ozs. of yeast, 1 oz. of sugar, and $\frac{3}{4}$ oz. of salt in the liquid ; then beat this well with your hand for at least ten minutes ; after it has half risen in your pan beat again for other ten minutes ; then let it stand till ready, which you will know by the batter starting to drop. Have one of your roll-boards well dusted with sifted flour, and with your hand lay out the muffins in rows. The above mixture should produce 24 muffins. Then, with another roll-board slightly dusted with rice flour, take the muffins and with your fingers draw the outsides into the centre, forming a round cake ; draw them into your hand and brush off any flour that may be adhering to them ; place them on the board dusted with rice, and so on till all are finished ; then put them in the prover to prove, which does not take long. The heat of the liquid for muffins (or crumpets) should range from 90° to 100° Fahr., according to the temperature of the bakehouse.

One great point to guard against in fermenting cakes or bread, is to see that your sponge or dough does not get chilled. By the time your muffins are ready, have the stove or hot plate properly heated, then row them gently on to the hot plate so as not to knock the proof out of them ; when they are a nice

brown turn them gently on the other side and bake a nice delicate brown.

17. *Another way.*—Some persons now make muffins after the same formula as for tea cakes, namely, moulding one in each hand pinned out the size required, then proving and baking. I have tried that way more than once, but I cannot get the muffins to appear anything like what my experience teaches me a muffin should be. Practice and judgment are required to make one proficient in muffin-making.

There has recently been introduced to the trade a hot plate heated with gas, which will go a long way in helping the muffin-maker. It is both cleaner and handier, and you can bake with it to a more certain degree of heat.

18.—Crumpets.

Crumpets are generally made by muffin-makers, the most modern formula being the following:—Take 4 lbs. of good English flour, 2 ozs. of good yeast, and 2 ozs. of salt. The flour and salt may be sifted together. Take 1 quart of milk, and $1\frac{1}{2}$ quarts of water, at about 100° Fahr.; dissolve your yeast in the water, then mix in your flour and salt; make all into a thin liquid paste, giving it a thoroughly good mixing; let it stand for one hour, when you may again give it a thoroughly good beat; let it stand for another hour, when it will be ready to bake off. In the meantime thoroughly clean your stove or hot plate before it gets hot, and give it a rub over with a greasy cloth; then have your rings of the size required (they should be half an inch in depth); slightly grease them, and see that they are greased for each round of the hot plate; have a cup in one hand and a saucer in the other to prevent the batter dropping; pour half a cup of the batter into the rings and spread them with a palette knife to a level surface,

putting what comes off (if any) back into your pan. Then, when the bottom part is of a nice golden colour, turn them over with your palette knife, turning the ring at the same time, and bake off a nice colour. Remove them from the stove or hot plate and lay them on clean boards for a couple of minutes, when with a gentle tap your rings will come clear; and so on till finished. Nothing but careful practice, and particular attention to the whys and wherefores of both hot plates and batter, will make a good muffin or crumpet maker.



III. TEA CAKES, BUNS, ETC.

19.—Tea Cakes.

Take $\frac{1}{2}$ gallon of water at, say, 94° Fahr.; add 1 lb. of moist sugar and 5 ozs. of German or French yeast; dissolve all together, add say $1\frac{1}{2}$ lbs. of flour, and mix; when it is well risen and has a cauliflower top, add 1 lb. of lard or butter, 2 ozs. of salt, and a few currants to taste; mix all together into tea-cake dough, cut and shape into what sizes you wish, and bake in a sharp oven.

20.—Russian Tea Cakes.

Beat up 24 eggs with 2 lbs. of castor sugar into a sponge batter; when ready add the flour, with a little essence of lemon; lay them out in oblong shapes, with the Savoy biscuit bag, say in sheet tins upon sheets of strong paper; dust castor or icing sugar on the top, and bake of a delicate gold colour in a moderate oven.

This is an American mixture.

21.—Sally Lunns.

Take 1 quart of milk or water about 90° Fahr., $2\frac{1}{2}$ ozs. of German yeast, 10 ozs. of moist sugar, and 8 ozs. of flour; mix all together, let it ferment, and when ready add $\frac{3}{4}$ oz. salt and 12 ozs. of butter; let it lie for half an hour, then mould round and put them in rings; prove them, but not too much, or they will fall in the oven.

Some persons add about six eggs to this quantity, and glaze with egg on top before proving.

22.—London Buns.

Take 6 lbs. of flour, 1 lb. sugar, 1 lb. butter, and rather more than a pint of milk; rub the sugar fine into the flour, then put into a pan, and dissolve 3 ozs. of German yeast amongst the milk, which must be warm; mix all together; set in a warm place to rise, and when ready have your butter melted with a little more milk; add 6 eggs, mix all together, set in a warm place for half an hour, and mould the paste into small round buns. Let them prove on sheet tins, and when sufficiently proved bake in a hot oven; after they are baked wash them over the top with milk and egg.

23.—Chelsea Buns.

Take part of the dough of the above buns, roll it out and spot it over with good butter, as you would puff paste; double it up and give it a gentle roll and cut it in diamonds about 4 in. long. They must be proved a little, but not so much as London buns; or you can roll the paste into a square and cut in long strips. Wash with egg and dust sugar and currants on top; take one of the ends of the strips, form it into a round bun, and place all together (after making or rolling them round) on a square-edged tin; prove, and bake in a sound oven.

24.—Bath Buns.

These can be mixed the same as London buns, and baked in frames or tart tins; set them to prove when half risen, wash them over with white of egg, dust them over with sifted sugar before putting them in the oven, first damping them with a wet brush.

25.—German Buns.

Take 4 lbs. of good flour, sift along with it 2 ozs. cream of

tartar and 1 oz. of soda; make a bay, put in 12 ozs. of butter or lard, 1½ lbs. of castor sugar and 4 eggs; cream well in the bay, taking as much churned milk as will make all into a soft dough; you may also add a little essence of lemon; place them on tins with your hand, wash over the top with egg, put a little castor sugar in the centre, and bake in a sound oven.

26.—Berlin Pancakes.

Take 4 lbs. of plain tea-cake dough, but make it tighter than for tea-cakes, pin it out a quarter of an inch thick, cutting out with a plain round cutter; put about a teaspoonful of jam in the centre, draw the side into the centre, so that the jam may be inside the cake; have a cloth dusted with flour (same as for condums), prove them with the turned side to the cloth, and when proved boil among lard in a pan on an ordinary fire; turn them in the fat when ready, and strew on them bruised lump sugar.

27.—Scotch Scones.

Take 4 lbs. of flour, 8 ozs. of butter, 8 ozs. of sugar, 2 ozs. of cream of tartar, 1 oz. of carbonate of soda, and 2 eggs; with churned milk make into a nice working dough, weigh off, mould round, and either bake them whole or cut into four; egg them on the top and turn them when half baked.

28.—Common Eccles Cakes.

Mix a small quantity of cream of tartar and soda in 2 lbs. of flour, rub in the flour 1 lb. of lard, then add 12 ozs. of currants; work with a little water into a nice stiff dough, pin out, cut with a fluted cutter, egg the top, dust them with castor sugar, and bake on sheet tins in a sharp oven.

This quantity will make 40 cakes, and they will be found good for coffee-house use, say at a halfpenny each.

29.—Switchback Buns.

Take any quantity of tea-cake dough, allowing 1 egg to each pound of dough, and a few drops of essence of lemon; mix well together and let it prove; then weigh off at 6 ozs. the pair; mould up, round, and dip them in egg, then in No. 2 crystallized sugar; place them on tins, prove them, and bake in a moderate oven.

This bun answers well for children's tea meetings, excursions, &c.

30.—Swiss Buns.

Put 4 lbs. of flour in a basin, make a bay, and set a ferment with, say, 1 gill of water and $\frac{1}{2}$ gill of milk warmed to between 80° and 90° Fahr.; add also 4 ozs. of yeast and 12 ozs. of moist sugar. When the ferment is ready put in 10 eggs, 12 ozs. of butter, and a pinch of salt; add sufficient water to take up all the flour, mix well, and beat all together into a nice bun dough; let it lie until nicely proved, and then weigh off at 4 ozs. the pair; mould up the shape of a long roll batched on tins, but not too close; prove them, and when baked have some water icing ready—made with icing sugar and water—spread this on the top with a palette knife, and when dry they are ready for the shop.

31.—Lumley Buns.

These are made the same way as Swiss buns, only they are moulded round and dipped in egg, then dipped in castor sugar, and placed on tins. Put a little piece of candied lemon on each, prove them, and dust them again with sugar before going into the oven.

IV. FANCY BISCUITS, ALMONDS, ETC.

32.—Digestive Biscuits.

Take 4 lbs. of whole meal, 4 lbs. of flour, 1 lb. of brown sugar, 1 lb. of butter, 2 ozs. of soda, and 4 ozs. of cream of tartar; mix with churned milk as for ordinary biscuits; pin out in a sheet and cut with a butter biscuit cutter; bake in an ordinary oven.

33.—Charcoal Biscuits.

Take 8 lbs. of flour, 1 lb. of butter, 12 ozs. of charcoal, and 1 quart of milk. Rub the butter in the flour, add the charcoal, make a bay, and add the milk; make into a nice working dough, then break it and put through the rollers, and cut with a picnic cutter; bake in an ordinary oven.

34.—Aquarium Biscuits.

Rub $1\frac{1}{2}$ lbs. of butter into 4 lbs. of flour; make a bay; add 2 lbs. of castor sugar and 12 eggs; mix eggs and sugar well in the bay, then make all into a nice dough, and when the dough is made add 2 ozs. of ground almonds and 2 ozs. of cocoa-nut, also ground; mix both well into the dough, and then work off; roll them into long strips, and cut them 1 inch long; roll in ground almonds and cocoa-nut, then place them on wafer paper, and bake in a sound oven.

35.—Thick Digestive Biscuits.

Take 20 lbs. of wheat meal, 5 lbs. of butter, $1\frac{1}{2}$ lbs. of sugar, 1 oz. of soda, $\frac{1}{2}$ oz. of acid, 3 quarts of milk, and 2 quarts of water. Sift the soda and acid among the wheat meal, rub the butter among the flour, make a bay; add the sugar, milk, and water, and make all into a nice dough. Pin them out in sheets, and cut with a butter biscuit cutter; then dock and bake in a good oven. Put them in the drying oven overnight.

36.—Wine Biscuits.

Rub 1 lb. of butter into 4 lbs. of flour; make a bay, and pour in as much water as will make it a mellow stiff dough; weigh off at 2 ozs. each; mould each biscuit up and pin out about the size of a small saucer; dock each biscuit, and bake in a sharp oven on wires.

37.—Abernethy Biscuits.

These are made the same as wine biscuits, with the addition of 1 lb. of sugar and a few caraway seeds. They are not so broad pinned and require a cooler oven.

38.—Cinnamon Biscuits.

Take 6 lbs. of flour, $1\frac{1}{2}$ lbs. of butter, 6 lbs. of sugar, 20 eggs, $4\frac{1}{2}$ ozs. of cinnamon; dough up like other fancy biscuits, and cut with a small plain round cutter. Great care is required in baking.

39.—Pavilion Biscuits.

Take 8 lbs. of flour, 3 lbs. of butter, 4 lbs. of sugar, 1 lb. of ground almonds, 16 eggs, and a little milk to dough; rub the butter amongst the flour, add the ground almonds, make a bay and put in sugar and eggs, well mix, and make all into a dough; pin out in a sheet the thickness of two penny pieces; cut out with a small spice nut cutter, and wash with white of

eggs, dipped on crushed sugar the size of peas; bake in a moderate oven.

40.—Rose Biscuits.

Split some small blanched almonds; model a few biscuits of the Lilly paste about the size of a marble; then stick six of the almonds into the modelled paste, and drop a little icing in the centre of the biscuits; let them stand one hour in a warm place, and then bake in a slow oven. When baked touch each almond with a small brush dipped in lake.

41.—Syringe Biscuits.

Take 1 lb. of Venetia almonds, 2 lbs. of scorched sugar, and about 6 whites of eggs; blanch and beat the almonds very fine with white of eggs, and then rub in the sugar with two or three whites as may be required to make a fine smooth paste; put it through the jumball mould and make several different shapes, such as Prince of Wales's feathers, fleur-de-lis, or a small ring with icing in the middle, and a dried cherry in the icing. This will make a neat biscuit; bake on dry paper in a slow oven.

42.—Orange or Lemon Biscuits.

Take 1 lb. of Valentia almonds, 2 lbs. of sugar, 7 or 8 whites of eggs, and the rind of 1 Seville and 2 China oranges grated; blanch and beat the almonds very fine with white of egg, add the sugar and whites, and make a paste of the same stiffness as ratafias; put in the grated orange-peel, and beat well with the spatter; then lay out on dry paper the size of ratafias, and bake in a slow oven.

Lemon biscuits are made in the same way, substituting grated lemon rind for orange.

43.—Meringues or Meringles.

Take any quantity you please of whites of eggs—half of them

duck whites if you can procure them—whisk them with a dry whisk until so stiff that an egg will lie on the surface ; then mix in with the spatter fine sugar until a proper stiffness is attained, which you may know by laying one out oval with a knife and spoon. If the composition retains the mark of the knife, it is ready to bake ; if not, more sugar must be added. Lay out oval on dry paper and bake on a piece of wood two inches thick. This is to prevent the meringues having any bottom ; they must have a pretty bloom upon them when baked. With a knife carefully take out the inside of one and fill it with any kind of preserved fruit, then take another and do the same and put the two together, and so on until all are baked. If good they will have the appearance of small eggs.

Meringue Mixture for Piping is made by taking the whites of 8 fresh eggs and whisking them to a very strong froth ; then adding 1 lb. of castor sugar and a little essence of vanilla to flavour.

44.—Imperials.

Cream 6 ozs. of butter, 6 ozs. of sugar, and add four eggs, one at a time ; when ready, add 4 ozs. of flour and 2 ozs. of almonds, and a few drops of essence of lemon. This will make seventeen or eighteen in small tins about three inches high. Take a little red currant jelly, melt it in a pan over the fire, and when it is a little cool put it on a plate and roll your cakes round in it ; then roll them on granulated sugar.

These look very nice when properly got up.

45.—Fine Rusks.

Take a sponge or diet bread cake, cut it in fine thin slices, and brown it on each side. This is a very good rusk, and much in use.

46.—Cinnamon Rusks.

Take 12 ozs. of butter, 1½ lbs. of sugar, 8 yolks of eggs, and a little ground cinnamon. Mix all the ingredients together; then add as much flour as will make a stiff paste, and roll into rings about the size of a dollar or crown and bake in a slow oven.

47.—Cream Biscuits.

Mix 1 quart of cream and 3 lbs. of Hungarian flour into a fine stiff paste, and roll into biscuits any size you please; they must be docked on both sides and baked in a good oven.

48.—Butter Biscuits.

Take 9 ozs. of butter, 3 lbs. of Hungarian flour, and 1 pint of water. Melt the butter in the water, and mix up the flour into a stiff paste; roll it out, and cut into any size you please; dock on both sides, and bake in a good oven.

49.—Naples Biscuits.

Take 8 eggs, 1 lb. of sugar, 1 gill of water, and 1 lb. 2 ozs. of flour. Put the sugar with the water into a small pan and let the sugar dissolve and then boil; then whisk the eggs and pour in the sugar in a gentle stream; keep whisking until the mixture is very light, which you may know by its rising. When it is perfectly cold scatter in the flour and mix it until smooth, but stir it as little as possible; then put it into the frame, which should be well filled. A Naples biscuit frame is about 8 ins. long, 3 ins. broad, and 1 in. deep, and has upright partitions, which must be papered nicely before filling. Bake in a good oven, but not too hot; throw a dust of sugar over the biscuits as they are going into the oven.

50.—Macaroons.

Take 1 lb. of Valentia almonds, 1 lb. 8 ozs. of sugar, about 7 whites of eggs. Blanch and beat the almonds, with the white of an egg, in a marble mortar; when beat very fine add the sugar and two or three more whites; beat them well together, then take out the pestle and add two more whites, and work all well with a spatter until the whole of the whites are incorporated. Lay one out on wafer paper and bake it in a slow oven; if it appears smooth and white the mixture is ready, if not, add one more white of egg. It is impossible to ascertain beforehand the exact number of whites required. If ready lay out on wafer paper, ice with sugar from the dredger, and bake in a moderate oven. Lay out with a knife and wood spoon.

51.—Princess Biscuits.

These biscuits are exactly the same in make as macaroons, but must be laid out on paper only half the size, and a dried cherry laid on the top; for variety, use a square of citron on some, and a square of angelica on others; ice them well from the dredger, and bake in a slow oven. Lay out with a knife and wood spoon.

52.—Ratafias.

Take 8 ozs. of bitter almonds, 8 ozs. of sweet almonds, 2½ lbs. of sugar, and about 8 whites of eggs. Blanch, and beat the almonds with the white of an egg as fine as possible, and be careful when beating you do not oil them; when fine, mix in the sugar and beat both well together; then add more whites and work them well with the spatter, adding more whites as you go on; then lay one or two on dry paper and bake in a slow oven. If they are of a proper stiffness lay all out and bake as before. If they are good they will come off the paper as soon as cold; if not, the paper must be laid on a damp table for a short time, which will have the desired effect. If you

wish to colour ratafias use lake finely ground. Lay out with a knife and wood spoon.

53. *Another way.*—Beat your almonds fine as before directed; whisk up stiff such number of whites of eggs as you expect will be wanted; add the sugar, and beat all well with the spatter until the mixture appears quite light, which you may know by its rising in the pan; then add the almond in a mortar and mix the whole together; if too stiff add more white. This is a very excellent way if you have time.

54.—Almond Filberts.

Take 1 lb. of Valentia almonds, 1 lb. of scorched sugar, and about 2 yolks of eggs. Blanch and beat the almonds very fine with yolk of egg, mix in the sugar and yolks, and beat them into a smooth paste with the pestle; roll the paste out thin and cut it out with a proper cutter in lengths, then cut it so as to leave three points on each side, place a small almond on the middle point and one opposite (being previously made wet with yolk of egg and water); roll them up and put two across each other and one on the top, which will form a filbert; work up all your paste in this way, place the filbert on a clean iron plate or tin dusted with flour; bake in a slow oven.

A proper cutter for filberts must be made of tin in a zigzag shape, with nine points on each side; when the paste is cut by it, it will make three nuts.

55.—Rock Almonds (White).

Blanch and cut the long way any quantity of almonds you please; make some icing pretty stiff, put the almonds into it, and let them take up all the icing; you may also add citron, lemon, and orange cut small; lay out on wafer paper in small heaps, and bake in a very slow oven.

56.—Rock Almonds (Pink).

Make any quantity of icing you please, colour it with lake finely ground, and mix in as many cut almonds, citron, and lemon as it will take; lay out on wafer paper in small heaps, and bake in a slow oven.

57.—Rock Almonds (Brown).

Take any quantity of Gordon almonds, cut them up very small (without blanching), also citron, lemon, and orange cut small; prepare some very light icing, with which mix the almonds, &c., into a soft paste; lay out on wafer paper, and bake in a slow oven.

58.—Lily Biscuits.

Take 1 lb. of Valentia almonds, 1 lb. of scorched sugar, and 2 or 3 yolks of eggs; blanch and beat your almonds very fine with yolk of egg, according to the directions for filberts; roll your paste in long lengths about a quarter of an inch thick; then roll it in rough sugar, cut it about two inches long, make a slit at each end, which open, and turn the ends a little; bake on dry paper in a slow oven.

You may make a great variety of shapes out of this paste, such as rings, pineapples, rose biscuits, &c.

59.—Royal Hearts.

Take 1 lb. of Valentia almonds, 1½ lbs. of fine sugar, 8 ozs. of flour, 10 eggs and 6 yolks; beat the almonds fine with yolk of egg, then add the sugar, and mix it well with a spatter; keep adding 1 egg at a time, and when beat well up mix in the flour gently: set tin rims in the shape of hearts, neatly buttered, on paper placed on an iron sheet, filling the rims three parts full, and bake in a slow oven.

V. PLAIN AND FANCY CAKES.

Cake-making Machinery.

Cake-creaming machines, sponge-beating machines, and peel-cutting machines are all held by some persons to be necessary adjuncts to the modern confectioner's appliances; but these machines are mostly used in large factories, and as this book is written with the intention rather of helping those in a much smaller way of business, I think it unnecessary to go into the respective merits of each of them. Where, however, an employer can afford the outlay for purchasing such machines, and can find employment for them, he will find them of great use in a modern bakery.

Instructions for Baking Cakes.

A few remarks and instructions as to the baking of cakes may be made here. Queen cakes must be baked in a moderate oven, and will take about twenty minutes. A 1-lb. cake will take about three-quarters of an hour; a 2-lb. cake, $1\frac{1}{4}$ hours; a 4-lb. cake, 2 hours; a 6-lb. cake, 4 hours; a 12-lb. cake, 6 hours; a 20-lb. cake, 7 hours.

To know when the small cakes are baked enough, give them a gentle touch with your finger; if the part rises up to its place they are baked enough. The large cakes must be tried by a bit of dry whisk being put into the middle of the cake; if it come out clammy and sticky the cake is not baked enough; if it come out dry the baking is finished. Large cakes should be covered with strong paper, after they are risen, to prevent them from burning.

60.—Method of Creaming Cakes.

Put your sugar first into a creaming basin or tin, and your butter on the top of the sugar; put it in a warm place for a short time to get heated, but be sure and do not melt or heat it too much, or it will run to oil. Have your eggs all broken ready in a pot, and your flour and fruit (if any) mixed in the flour; then start and cream the butter and sugar together. When you think it is ready (which you may know by its lightness and its rising in the pan) add your eggs; if a pound mixture, add 3 eggs at a time. When the eggs are all taken in, mix in your flour, &c., and put the mixture in your rings and hoops. Some prefer to add a little of the flour when creaming to keep it from curdling.

61.—Madeira Cakes.

Take $1\frac{3}{4}$ lbs. of butter, 2 lbs. of sugar, 24 eggs, 2 lbs. of flour, and 1 lb. of patent flour (this will make eight cakes at 1s. each). Proceed as directed for creaming, putting two thin slices of peel on each cake.

62. Another Way.—The following is the latest mode of making these cakes:—Take 1 lb. of butter, $1\frac{1}{2}$ lbs. of sugar, and 6 eggs; mix with 1 lb. of patent flour, 1 lb. of Hungarian flour, and half a pint of milk; brush the white of an egg with sugar syrup over the tops with a soft brush, and put two pieces of citron peel on each; bake in a moderate oven.

63.—Cocoa-nut Cake.

This is made the same as Madeiras, with $\frac{1}{2}$ lb. of ground cocoa-nut added to the mixture, and the tops well strewn with cocoa-nut.

64.—American Genoa Cake.

(6d. per lb.)

Take 6 lbs. of flour, $3\frac{1}{2}$ lbs. of butterine, $3\frac{1}{2}$ lbs. of sugar, 30 eggs, 5 lbs. of currants, $1\frac{1}{2}$ lbs. of candied lemon cut small, 1 pint of milk, $\frac{3}{4}$ oz. of cream of tartar, and half that quantity of soda; cream as directed above, and have a large square-edged pan nicely papered and greased; spread your mixture on this, and bake in a sound oven.

65.—Rice Cake.

Take 2 lbs. of butter, 2 lbs. of sugar, $2\frac{1}{2}$ lbs. of flour, $\frac{1}{4}$ lb. of rice flour, 20 eggs, and a few drops of essence of lemon; cream as before; put in round or square hoops and bake in a sound oven.

66.—Seed Cake.

This may be made exactly the same as rice cake; but keep out the rice and add 2 ozs. of carraway seeds.

67.—Plum Cake.

(6d. per lb., as usually sold at grocers' shops.)

Take 8 lbs. of flour, 2 lbs. of common butter, 3 lbs. of sugar, 4 lbs. of currants, 8 ozs. of cut peel, 15 eggs, and milk to dough; cream as before. This mixture is usually baked in small square tins nicely papered, in sizes of 1 lb. and 2 lbs.

68.—Good Plum Cake.

(Sold at 6d. per lb.)

Take $6\frac{1}{2}$ lbs. of butter, 7 lbs. of sugar, 12 lbs. of flour, $1\frac{1}{2}$ ozs. of cream of tartar, $\frac{3}{4}$ oz. of carbonate of soda, about 1 quart of good churned milk, 6 lbs. of currants, and $1\frac{1}{2}$ lbs. of peel; cream the butter and sugar together, add the eggs gradually,

have the fruit mixed among the flour, and then mix it along with the above; add the milk and make all into a nice batter; weigh off into oval tins, papered round sides and bottom, at 1 lb. 1 oz.

69.—Best Plum Cake.

(1s. per lb.)

Take 3 lbs. of butter, 3 lbs. of sugar, $4\frac{1}{2}$ lbs. of flour, 40 eggs, 8 or 10 lbs. of currants, 2 lbs. of peel, and a few drops of essence of lemon; proceed as directed for creaming and bake in round hoops.

70.—Albert Cakes.

Take 2 lbs. of flour, 1 oz. of carbonate of soda and tartaric acid (use half the quantity of acid to that of soda), 12 ozs. of butter, 13 eggs, 1 lb. of sugar, $\frac{1}{2}$ lb. of currants, and sufficient churned milk to make a nice batter; cream as before, and bake in an edged pan of sufficient size for this mixing; cut into squares for sale at one penny.

71.—Lunch Cake.

(6d. each.)

Take $\frac{1}{2}$ lb. of butter, $\frac{3}{4}$ lb. of sugar, 4 eggs, 3 lbs. of currants, 4 lbs. of flour, $\frac{3}{4}$ oz. of soda, $\frac{1}{2}$ oz. of tartaric acid, with milk to dough; proceed as directed for creaming, weigh at 1 lb. each, and bake in a sound oven.

72.—Rice Cake.

(8d. per lb.)

Take $3\frac{1}{2}$ lbs. of flour, $\frac{1}{4}$ lb. of lard, $\frac{1}{2}$ lb. of butter, 1 lb. of castor sugar, 6 eggs, $\frac{1}{2}$ lb. ground rice, 1 oz. of cream of tartar, $\frac{1}{2}$ oz. of soda, and new milk to dough; proceed as directed for creaming, and bake in square hoops nicely papered.

73.—Inside Mixture for Pound Cheese Cakes.

Take 3 ozs. of butter, 3 ozs. of sugar, 3 eggs, 5 ozs. of patent flour, and proceed as directed for creaming (p. 30).

74.—Genoa Cake.

(1s. per lb.)

Take 1 lb. of butter, 1 lb. of sugar, 1 lb. of eggs, 2½ lbs. of washed and picked currants, and 1½ lbs. of orange peel; proceed as for creaming; stick blanched almonds rather thickly over the top, and bake in a small edged tin in a moderate oven.

75.—Bordeaux Cake.

Take some pound cake mixture *without the fruit*, and spread it on sheets about eight inches in diameter and a quarter of an inch thick; bake it a nice brown, and when cold trim each piece smooth and place one on the other with jam between; then pipe or ornament to your fancy.

76.—Improving Stale Cakes.

Cakes which are stale may be made to appear and eat like fresh ones if treated as follows:—Take what quantity of cakes you want to operate on, and dip them one by one quickly in clean water, or take a damp cloth and wet them all over; then place them on sheet-tins and cover over with an edged sheet-tin so as to keep in all the moisture you can. Now place them in the oven, and let the heat well penetrate through them. If required, you can glaze them over as if fresh.

Stale cakes thus treated—of course I am referring to fermented cakes—cannot be distinguished from fresh ones except by a practised baker.

77.—Queen Cakes (best).

10 ozs. butter, 10 ozs. of sugar, 10 ozs. of flour, 6 eggs, 8 ozs.

of currants ; cream butter and sugar together, add eggs two at a time, then flour and currants. Bake in small various shaped tins.

78.—Queen Cakes.

1½ lbs. of butter, 2 lbs. castor sugar, 15 eggs, 2 lbs. of flour, 1 lb. of patent flour, a little milk ; proceed as above. Patent flour is made by sifting 8 lbs. of good flour, 4 oz. of tartar, 2 ozs. of soda three times through the sieve.

79.—Common Sultana Cakes.

Take 36 lbs. of flour, 15 lbs. of lard and butter, 16 lbs. of sugar, 4 quarts of eggs, 12 ozs. of cream of tartar, 6 ozs. of soda, 30 lbs. of sultanas, 1 quart of milk ; cream the butter, lard, and sugar together ; add the eggs and then the flour, milk, and sultanas ; bake in 2-lb. hoops. (They are sold at 1s. each).

80.—Sultana Cake.

(8d. per lb.)

Take 3½ lbs. of common butter, 3½ lbs. of castor sugar, ½ lb. of patent or soda flour, 5½ lbs. of fine flour, 30 eggs, 6 lbs. of cleaned and picked sultanas, and about 1 pint of churned milk ; have an edged tin nicely papered of sufficient size to allow your mixture to be two inches thick ; weigh down your flour, then mix your sultanas among the flour, cream the butter and sugar in the usual way, add the eggs, and mix all together ; bake in a sound oven.

81.—Almond Cheese Cakes.

Blanch and beat fine, with a little orange-flower water, 4 ozs. of Valentia almonds ; add 4 ozs. of sifted sugar, the yolks of three eggs, well beat, and a small quantity of brandy ; then mix 4 ozs. of sweet butter nicely creamed, fill your sheeted pans

better than half full, and put them into the oven immediately; you may make a star in the middle with split almonds; bake in a moderate oven.

82.—Lemon Cheese Cakes.

Squeeze two large lemons and boil the skins very soft; then beat them fine in a mortar, and pass them through a hair sieve; beat also 4 ozs. of blanched almonds, and add 6 ozs. of castor sugar and the yolks of five eggs well beat; mix all together with the juice of the lemon, and 5 ozs. of butter nicely creamed; then fill your sheeted tins and bake in a good oven.

83.—Orange Cheese Cakes.

These are made in the same way as lemon cheese-cakes, substituting oranges for lemons; the skins must be freshened in two or three waters, to take out the bitterness.

84.—Citron Cheese Cakes.

Beat the yolks of 6 eggs, and mix them with 1 quart of boiling cream; keep stirring it until cold; then set it on the fire and let it boil until it curds; beat four ounces of Valentia almonds fine with orange-flower water, then sweeten it to your taste, or break in some dry Savoy biscuits, and mix in some green citron cut very fine; fill your sheeted pans, make a star with green citron on the top of each cake, and bake in a good oven.

85.—Rice Cheese Cakes.

Take $\frac{1}{2}$ lb. of fine rice powder, mix it with a gill of cream and the yolks of 6 eggs well beat; add sugar and nutmeg to your taste, set it on the fire to stiffen, and keep stirring it all the time; then set it to cool, and when cold stir in a glass of brandy; fill your sheeted pans with it, and bake in a moderate oven.

86.—Common Cheese Cakes.

Set 1 quart of new milk near the fire or on the stove (when it is new milk warm add a tablespoonful of rennet), let it stand until you see it is turned to a curd, then take a knife and cut it into diamonds; let it stand to drain for ten minutes in a fine splinter sieve, and rub it through the sieve; sweeten the curd to your taste, grate in a little nutmeg and the rind of a lemon, and mix in well 6 yolks of eggs, a tablespoonful of brandy, and 4 ozs. of melted butter, then add 6 ozs. of dry currants; have your pans ready sheeted and fill them better than half full; bake in a good oven.

If you wish to have a richer curd add $\frac{1}{2}$ a pint of cream.

87.—Italian Swiss Roll.

Beat up with a whisk 10 eggs and 10 ozs. of castor sugar, and when it is ready stir in lightly 5 ozs. of sifted flour; have a flat tin nicely papered, pour your mixture on the paper, spread it out the required thickness, and bake in a sound oven; have a clean bag dusted with sugar, turn your cake on to the bag (if the paper do not come off quickly brush it over with cold water), spread on your jam, and roll up quickly; dust the top with sugar, and cut into lengths.

88.—Sponge Cakes in Pound Tins.

Take 15 eggs, $1\frac{1}{2}$ lbs. sugar, $1\frac{1}{4}$ lbs. flour, and the rind and juice of a lemon. Separate the whites of the eggs from the yolks, put the sugar and yolks into a pan and beat them well up with a spatter; then whisk up the whites exceedingly stiff so as an egg might lie on the surface, and mix the whole together as lightly as possible; after which mix in the flour with the same care. Let your shapes be buttered with the sweetest butter you can procure, which must be creamed and laid on

with a small brush. Care, however, must be taken to make no marks with the brush, as they will appear when the cake is turned out; after you have buttered the shapes shake some fine sugar over them gently, which will take off the appearance of the butter; fill in and bake in a slow oven.

You may beat sponge cakes hot if you think proper, but they do not keep so well.

Lard for Greasing Sponge Cake Tins.

In preparing your lard for greasing cases, moulds, or tins for sponge cake mixtures, see that the lard is pure, and to 1 lb. of lard add 6 ozs. of good flour; have a clean jam-pot, put your lard and flour in it, take a clean spoon and mix both lard and flour well together; then grease in the ordinary way. This is the best method I know of, and a great improvement on the old style.

89.—To Make Sponge Cakes in Shapes.

Take the weight of 10 eggs in sugar, and the weight of 7 eggs in flour; to be baked in a slow oven.

90.—To Make Sponge Cakes, to Ornament.

Take 12 eggs in sugar and 9 in flour; to be baked in a slow oven. (See Recipe 230, How to ornament.)

91.—To Make Savoy Cakes in Shapes.

Take 14 eggs and take out whites from 7, 1 lb. of sugar, 1 lb. of flour; to be baked in a slow oven.

92.—To Make Savoy Cakes, to Ornament.

Take 12 eggs and take out whites from 3, 1 lb. of sugar, 1 lb. of flour; to be baked in a slow oven. (See Recipe 230, How to ornament.)

93.—To Make Sponge Rice Cake.

Take 8 eggs, 1 lb. of sugar, 8 ozs. of rice flour, and 4 ozs. of flour ; to be baked in a slow oven.

94.—Nelson or Eccles Cake.

Take 2 lbs. of puff paste ; roll half of it out on an iron plate or tin, spread 1½ lb. of clean currants upon the paste, and with a brush dash a little water on the sugar and currants to make them unite ; roll out the remainder of the paste, and lay it on the top ; ice it well according to directions for tarts, and bake it in a good oven.

95.—Coventry Cakes.

Take some puff paste and roll it out thin ; cut it in a round, the size of a large basin, and cover it over with apple marmalade and currants and a fresh grated lemon ; double it up like a triangle ; cut figures on the top to please your fancy, ice it very well, and bake in a good oven.

Scotch Cakes.

I hope my readers will not think it out of place to give the mode of making Scotch Girdle Scones and Scotch Oat Cake, two of the most essential articles of food on the well-to-do working man's table in Scotland. The Scotch housewife prides herself on her "guid" scones or "guid" oat cake, as well she may, for they only need to be better known to be more appreciated.

In the first place, a "girdle" must be procured—a round flat iron pan to cover the fire, with a bool or handle and a small ring on the top with a swivel, so that it can be turned about on the fire after being hooked on to an iron hook in the centre of the fireplace.

96.—Girdle Scones.

Take 4 lbs. of flour, 1 oz. of cream of tartar, 1 oz. of carbonate of soda, $\frac{1}{2}$ oz. of tartaric acid, $\frac{3}{4}$ oz. of salt, and mix all these ingredients together; put them all into a basin, make a hole in the centre, and pour in as much churned milk as will make them into a nice working dough; mould up in pieces about 1 lb. in weight, pin them out not too thick, and cut them into four; or roll out a sheet and cut with a small round cutter; bake on the girdle, turning them when half done on the other side. Care must be taken not to have the fire too hot, or they will burn before they are half baked.

97.—Girdle Cakes or Scones.

These are sometimes called in Scotland "English Muffins."

Take 8 lbs. of soda flour, 1 lb. of lard, 1 oz. of salt, 1 lb. of sugar, 6 eggs, and make into dough with buttermilk; weigh off at 8 ozs. the pair, mould round, pin out the size of a small breakfast plate, and bake on the hot plate; when they are about half done, turn them on the other side to finish baking.

98.—Scotch Oat Cake.

Put about 2 or 3 lbs. of oatmeal in a basin with salt sufficient to your taste; pour as much warm water in as will make the meal into a nice working dough; then mould each piece round; pin out thin, rub the surface of the cake well with your hand, and cut into four; sharpness must be used in working these off, as the warm water has a tendency to make the dough tight or stiff; after they are baked on the girdle place them before the fire to thoroughly dry. Some persons use a little lard and a pinch of soda, but the above recipe is the original way to make Scotch Oatmeal Cakes.

99.—Fat Cakes.

The following is the English housewife's mode of making these cakes:—

Put 2 lbs. of flour in a basin; rub into it 12 ozs. of lard or butter, and make into a mellow dough; add a pinch of salt, let it lie for ten minutes, and then pin it out in sheets; cut them with a knife into diamond shape. Some add a pinch of soda. These cakes are either sent to the bakehouse or baked in a side oven.

100.—Oatmeal Cakes.

The following is a recipe for making these cakes for sale in confectioners' shops:—

Take 7 lbs. oatmeal (medium), 1 lb. of fine flour, 1½ lbs. of lard, 1½ ozs. of cream of tartar, 1½ ozs. of carbonate of soda, 1½ ozs. of salt. Put the oatmeal and flour together, with the soda, salt, and tartar; mix all thoroughly, rub in the lard, make a bay, and put in as much cold water as will make an easy working dough; weigh off at 8 ozs., mould round, and pin out; then cut into four, and bake on clean dry tins in a sharp oven.

101.—Lemon Cheese for Cheese Cakes.

Put 4 ozs. of butter and 1 lb. of castor sugar in a pan; add 3 lemons grated and squeezed; let it simmer on the fire, then beat up well 6 eggs and add the eggs to the other ingredients, stirring well all the time.

102.—Princess Beatrice Cakes.

Take 1½ lbs. of butter, 2 lbs. of castor sugar, the yolks of 20 eggs and the whites of 10 eggs, 1¾ lbs. of flour, and the grated rind of 4 oranges; cream the butter and sugar together, add the yolks and the grated rind of the oranges, have the whites of the eggs well beaten. Then add the flour and stir all

gently together ; put into hoops nicely papered, and bake in a moderate oven ; ice them over when cold, and pipe them with icing coloured with a little carmine.

103.—Almond Simnel Cakes.

Cream 1 lb. of butter with 1 lb. of castor sugar, and add 10 eggs, two or three at a time, 1 lb. 12 ozs. of currants, 10 ozs. of lemon peel cut into small slices, a little nutmeg and mace for seasoning, and 1½ lbs. of flour. Then make your almond paste for the above quantity as follows: Take 12 ozs. of sweet almonds ground, 1 oz. of bitter almonds ground, and 1 lb. of castor sugar ; mix these well together, add 3 eggs and 1 glass of rum to make into a good-sized paste ; cut this into as many pieces as you have cakes, roll them out a little under the size of your hoops, and then put half of your mixing in the hoops and level it off ; then put your almond paste on the top and cover it with the remainder of your mixing ; bake in a good sound oven, but not too hot, as the cake is rich and will require good soaking.

When your cakes are nearly baked, get together some more almond paste, and use the following : 12 ozs. of ground almonds and 1 lb. of castor sugar, with sufficient white of eggs to make the mixture about the stiffness of macaroon paste ; spread this paste round the edge of the cake, so as to leave the middle bare, and use a fork so as to make it as rough-looking as possible, then finish off the baking.

When the cakes are cold, finish with dusting sugar on the top, and ornament them by putting some nicely cut green citron-peel on the top, such as hearts, diamonds, stars, or anything your fancy can suggest.

104.—Bury Simnels.

These cakes, as made at Bury, in Lancashire, are something

in appearance like the Selkirk bannocks, made in most towns in Scotland; only the latter are taken from tea-cake or cookie dough, and are therefore fermented, whereas the former—as the following recipe will show—are not.

Take 2 lbs. of good plain flour and 1 lb. of patent flour; make a bay, put in $1\frac{1}{2}$ lbs. of moist sugar, $1\frac{1}{2}$ lbs. of butter, or butter and lard mixed; cream this inside of your bay, and add 8 eggs; after these ingredients are thoroughly mixed have weighed ready 2 lbs. of currants, 1 lb. of peel, and a little nutmeg; mix all this into a nice dough, which may be weighed at $1\frac{1}{4}$ lbs. for one shilling; mould them up round, glaze with egg on top, and put strips of peel on the top, with a few almonds betwixt the peel; bake in a similar oven to that required for almond simnel.

Patent Flour is made as follows: 8 lbs. of good flour, with 4 ozs. of cream of tartar, and 2 ozs. of carbonate of soda sifted three times through a sieve.

105.—Maids of Honour.

Sift 1 lb. of dry curd, and thoroughly mix with 12 ozs. of butter; beat the yolks of 8 eggs in a basin, with a little brandy and 12 ozs. of castor sugar; beat well together with two steamed or boiled cold potatoes, 2 ozs. each of sweet and bitter almonds ground or well pounded, the grated rind of 6 and the juice of 2 lemons and a grated nutmeg. Line some patty-pans with good puff paste, put some of the above mixture in each, and bake in a moderate oven.

The above cakes took their name from the Maids of Honour who attended Queen Elizabeth at Richmond, on the Thames, and they are still in great request at that place.

106.—*Another and more modern Way.*—Beat up the whites of 7 eggs to a stiff froth, then take your spatula and mix in 1 lb.

of castor sugar. After your sugar is properly dissolved, add $10\frac{1}{2}$ ozs. of sweet pounded almonds, and $1\frac{1}{2}$ ozs. of ground rice; have some patty-pans lined with good paste, as for the above mixture, and after you have the above ingredients well beat with a spoon or a spatula, use a small quantity of cheese for your patty-pans; bake in a moderate cold oven. After they are baked and a little cool, just tip them on the top with a little water icing.

107.—Rich Cherry Cake.

Take 10 lbs. of butter, 10 lbs. of sugar, 13 lbs. of eggs, 14 lbs. of flour, 7 lbs. of cherries, and 2 lbs. of mixed peel; let these ingredients be creamed as with ordinary cakes, and have a Genoa cake tin nicely papered; put your mixture in the tin $2\frac{1}{2}$ inches thick, and bake in a slack oven.

108.—Best Gingerbread.

Take 11 lbs. of flour, 1 lb. of butter, $1\frac{1}{2}$ lbs. of peel, 9 lbs. of treacle, $1\frac{1}{2}$ ozs. of soda, $\frac{3}{4}$ oz. of acid, 5 ozs. of ginger, and $2\frac{1}{2}$ ozs. of spice; dough up, and bake in round hoops (which should be greased) in a moderate oven, and after baking wash over with boiled gum.

109.—Ginger Fingers.

Take 12 lbs. of flour, $2\frac{1}{4}$ lbs. of butter, $2\frac{1}{4}$ lbs. of brown sugar, $\frac{3}{4}$ lb. of castor sugar, 9 ozs. of ginger, $1\frac{1}{2}$ ozs. of spice, 9 lbs. of treacle, $1\frac{1}{2}$ ozs. of carbonate of soda, and $\frac{3}{4}$ oz. of tartaric acid; dough up like other biscuits, cut with a finger-cutter, and bake in slightly greased tins.

110.—Whole Meal Ginger Nuts.

Take 14 lbs. of wheat meal, 2 lbs. of flour, 3 lbs. of butter, 5 lbs. of castor sugar, $8\frac{1}{2}$ lbs. of treacle, 2 ozs. of soda, 1 oz. of

tartaric acid, 5 ozs. of ginger, and $2\frac{1}{2}$ ozs. of mixed spice; rub the butter among the flour, then sift in the sugar, soda, and acid, and mix all together; make a bay, add treacle, ginger, and spice, and let them be well rubbed into the dough; roll out into sheets, and cut with a ginger-nut cutter; wash over with milk and put on greased tins; bake in a sound oven.

111.—Scotch Shortbread.

Take 1 lb. of butter, 2 lbs. of flour, and 8 ozs. of powdered sugar; mix the sugar in the butter, then take in the flour, and thoroughly mix and rub in all the ingredients until of a nice mellow colour and easy to work; weigh off the size required and shape into square or round pieces; dock them on the top, notch them round the sides, and bake in a moderate oven on clean dry tins.

112.—English Shortbread.

Take 1 lb. of flour, 8 ozs. of sugar, 8 ozs. of butter, and 2 eggs; mix and bake as for Scotch shortbread. Ornament the tops with designs of neatly-cut lemon peel and carraway comfits.

113.—French Shortbread.

Take 2 lbs. of flour, 12 ozs. of butter, 12 ozs. of sugar, $\frac{1}{2}$ oz. of powdered ammonia, and 4 eggs; make a bay, put in the eggs, sugar, and ammonia; beat them well with your hand, and then draw in the flour; make all into a nice dough, weigh them at 12 ozs., and chaff them out round; pin them out of a good breadth and mark them off into eight pieces; place a piece of peel on each and bake in a good oven. Cut the marked pieces with a sharp knife after they are baked.

SHORTBREADS.—In making the above mixtures do not on any account use Hungarian flours, as they are too strong for

this class of goods, and you cannot work off your shortbread without its cracking and giving a deal of trouble, as well as spoiling the appearance of your cakes. Nothing beats good British flour of a softish nature for this class of goods.

114.—Sea-Foam Flour for Snow Cake.

This is an article entirely for the use of private families, and is made as follows:—Take 16 lbs. of farina, or potato flour, 3 lbs. of good household flour, 7 lbs. of castor sugar, 1 lb. of arrowroot, 6 ozs. of carbonate of soda, and 4 ozs. of tartaric acid; let the acid and soda be well dried before using, and see that the arrowroot is well bruised before adding it to the other ingredients; then mix all together and sift thoroughly through a small-sized wire sieve three times.

Flour so prepared is put up in 1 lb. bags and sold at sixpence per lb. A delicious snow cake may be made by taking 1 lb. of the above mixture; make a bay inside the flour on the table, cream in the bay 4 ozs. of butter, then add two eggs one at a time, and afterwards two tablespoonfuls of milk; then draw in the flour and thoroughly mix; put into a hoop nicely papered, and bake in a good oven.

VI. PIES, PUDDINGS, AND CUSTARDS.

115.—A Creamed Apple Pie.

Make a very nice apple pie with the best puff paste; and bake it in a slow oven with great care; then cut and bake a large star nearly the size of the inside. As soon as the pie is baked enough, cut the lid off and let it stand till cold; make the apples up neatly, and if not very well filled add more apples previously baked; then pour on the apple a rich custard and place on the custard the star before named.

116.—To Ice Tarts.

Whisk up one or two whites of eggs and wash over the top of the tarts with a soft brush; cover the wet part with sifted sugar; damp the sugar with water from the brush until dissolved, and then put the tarts immediately into a moderate oven. When near enough, ice them again as before.

117.—Apple Pie.

Pare whatever quantity of apples you wish, and cut them in small pieces; fill the dish, putting in sugar between the layers, also a little marmalade or orange-peel, and about half-a-dozen cloves; it is the better for as much water as will melt the sugar; then cover with a light crust. Some persons wash the top over and then dust with castor sugar.

118.—Gooseberry Pie.

Fill your dish with gooseberries, having first picked them; put on a good quantity of sugar and a very little water, and cover with a light crust. If preferred, wash it and dust with sugar.

119.—Currant Pie.

First strip the currants from the stalks; then fill the dish with them, and put in a good deal of sugar, and cover with a good crust.

120.—Rhubarb Pie.

Cut the rhubarb stalks into pieces an inch long, having previously either skinned the stalks or simply washed them; fill the dish with them, putting in plenty of sugar, and cover with a nice crust.

121.—Mincemeat.

Take 1 lb. beef suet, 1 lb. Naples biscuits, 1 lb. of apples and citron, 1 lb. raw sugar, 1 lb. of candied lemon and orange, 3 lbs. clean currants, a pint of raisin wine, and a gill of brandy. The suet must be picked and shred very fine, and the apples, sweetmeats, and biscuits must also be shred fine; mix all the ingredients together and put them into a jar; tie them over, and your mincemeat will keep good for twelve months.

122.—Mince Pie.

Take a dozen of apples, and pare and mince them, along with equal parts of suet, raisins, and currants—well cleaned and picked—with some orange peel, ground ginger, and raw sugar; mix well, filling the dish with it, and pouring in a little currant or ginger wine to moisten. Cover with a good paste. It should have paste under as well as above the mincemeat, and the covering should be cut in small slits to show what the pie is composed of.

123.—Apricot Tart.

Roll out a piece of puff paste about a quarter of an inch thick, then cut out a piece the size of a pudding plate; lay this on a clean sheet tin, wet the edge of this with the paste brush and an egg; then place round it a border, one inch wide; ornament the border to make it look stylish; prick over the paste to prevent it blistering; sugar over with castor sugar, and bake a nice golden brown colour in a moderate oven. (See that it is properly baked: if not, it will fall when taken from the oven, and prove a failure at the dinner-table.) Then take one dozen apricots—not too ripe—cut them in halves, break the stones, and blanch the kernels, by placing them in boiling water for a few minutes. Place in a clean stew-pan half a pint of cold water, 12 ozs. of castor sugar, and the juice of 1 lemon, and let this come to a simmer to dissolve the sugar; then place in the apricots, and let them simmer very slowly for about five minutes, placing the kernels in also for the flavour; take them out very carefully on to a dish; reduce the liquor by boiling to a thick syrup, and then add a wineglassful of sherry. Place the apricots nicely round the tart, filling it all over inside the border, pour the syrup over, place a kernel in between every other apricot, then a crystallised cherry, and ornament the border with a little red currant jelly. This is very suitable for large hotels, as it is served cold and can be made at leisure.

124.—Apple Dumpling.

Take 2 lbs. of flour and $\frac{1}{2}$ lb. of butter; rub the butter into the flour quite fine, mix with cold water, then roll out the paste; have apples pared and cut in pieces, and lay them in the middle of the paste; add as much sugar as will sweeten them, and a spoonful of water; wet the paste well round the edges with cold water, and gather it nicely in the centre. Dust

a little flour over it, and tie it up in a floured cloth ; it will take three hours constant boiling.

125.—Jam Dumpling or Blanket.

Prepare the paste as above, and spread it with jam, but leave 2 ins. bare all round ; wet the edge with cold water, and roll your paste up like a pound of butter, pinching it well at both ends to make it keep close ; flour the cloth, and roll it up cornerways, tying it at both ends very firmly ; now put it into boiling water, and it will be ready in $1\frac{1}{2}$ hours.

126.—Marrow Pastry.

Blanch 4 ozs. of sweet almonds and a few bitter ones ; pare 6 large apples, and cut both almonds and apples very small, or beat in a marble mortar, adding a bit of orange peel ; take 1 lb. of marrow shred, a spoonful or two of flour, and the yolks of 4 eggs, the grated rind of a lemon, some ground cinnamon and raw sugar ; mix all well, and add a glass of brandy ; edge the plate or cover together as in a mince pie, and bake in a moderate oven. Whenever the paste is ready it will be fit to serve.

127.—Pancakes.

Make a light batter of eggs, flour, and milk, according to the numbers you wish to make ; fry them with a little butter or dripping, turning them in the pan ; double them up, and serve with castor sugar dusted over them. A small teacupful of batter will be enough for one pancake.

128.—Macaroni Pudding.

Simmer an ounce or two of pipe macaroni in $1\frac{1}{2}$ pints of milk, with a bit of lemon and cinnamon, until tender : put it into a dish with two or three eggs, sugar, nutmeg, half a glass of sweet wine, or a spoonful of orange-flower water, and back with a paste round the edges of the dish.

129.—Bread and Butter Pudding.

Cut slices of bread according to the size of your dish, spread each slice with butter, and sprinkle them with raw sugar; boil $1\frac{1}{2}$ pints of milk, add to it 3 eggs well beaten, stirring it well all the time; pour it over the bread in the dish, cover up, and send to the oven.

130.—Apple or Currant Fritters.

Take a small teacupful of batter, as for pancakes, and pour it into the frying-pan; have ready a few apples, pared, cored, and cut in slices, and throw them into the frying-pan at equal distances; then take about half a cupful more of the batter, and throw it over them; then cut them in pieces with an apple in each section, turn them, and serve hot.

Currant Fritters may be made the same way, only the currants should be mixed with the batter before frying.

131.—Oatmeal Pudding.

Take good oatmeal, as much as will nearly fill a tin pudding-dish; add about four large spoonfuls of well-minced suet, plenty of pepper and salt, or to your taste, and set it under the meat when roasting so as to catch some of the dripping; put it pretty near the fire.

132.—Rice Pudding.

Mash $\frac{1}{4}$ lb. of rice, and boil it till it is very soft; drain it, put it in the pie-dish with any kind of fruit you may fancy, and put 1 oz. of butter over it in small pieces; then pour your custard over and bake.

133.—Vermicelli or Macaroni Pudding.

Vermicelli or macaroni, which has been previously boiled, may be done the same way as rice, as in the last recipe.

134.—Lemon Dumplings.

Chop the rind of one lemon fine, and add the juice to it ; chop up $\frac{1}{2}$ lb. of suet, mix with $\frac{1}{2}$ lb. of bread crumbs, 1 egg, and enough milk or water to make a stiff paste ; add the lemon, sweeten to taste, and divide your paste into five equal parts ; boil in separate cloths for three-quarters of an hour. Then serve with butter and sugar, or some prefer a little honey.

135.—Simple Suet Dumpling.

Take 1 lb. of flour, $\frac{1}{2}$ lb. of chopped suet, a teaspoonful of salt, and a quarter of a teaspoonful of pepper ; moisten with water until you have a stiff paste, and use when required.

Dumpling paste so made may be rolled in small balls, and used in savoury pies, hash, or stews.

136.—To Whip Cream.

Take the whites of 8 eggs, 1 quart of cream, and $\frac{1}{2}$ pint of sherry ; mix and sweeten them to your taste with lump sugar, first rubbing a lemon with it to procure the essence ; whip it with a pure clean whisk in a flat earthen pan, and as the froth rises take it off on to a hair sieve. Let it stand as long as you can before you put it in your baskets or trifles.

137.—To make a Trifle.

Provide a handsome glass and build in it a pyramid consisting of macaroni, ratafias, French savoy, fruit, and sponge biscuits ; pour on every part a small quantity of sherry, and keep doing so till the whole is properly steeped. (Great care must be taken not to break any part). Then lay your whipped cream upon the biscuits in as romantic a manner as possible—the more it is like a rock and the higher it is the better—on the top place a sprig of myrtle, and round the sides ornament it with coloured sugar, green citron, and angelica. If you wish

for a richer trifle, cover the pyramid of biscuits with a good custard before you lay on the whipped cream.

138.—To make a Custard.

Boil 1 pint of milk with a bit of cinnamon and a little fresh lemon; peel them, mix in a pint of cream and the yolks of 7 eggs well beat, sweeten it to your taste, and give the whole a simmer until of a proper thickness, but not to boil; stir it the whole time one way with a small whisk until quite smooth; you may also, if desired, stir in a glass of brandy.

139.—*Another Way.*—Set a quart of thick cream in a stew-pan over the fire, with a bit of cinnamon and sugar to your taste; when it has boiled take it off and beat the yolks of 8 eggs; put to them 1 tablespoonful of orange-flower water, which will prevent the cream cracking; stir them in by degrees, and as the cream cools set the pan over a slow fire; stir it carefully one way until it nearly boils, then pour it into cups for the table.

140.—Almond Custards.

Blanch and beat 4 ozs. of almonds very fine; put to them 1 pint of cream and a tablespoonful of orange-flower water; sweeten it to your taste; beat up the yolks of 4 eggs very fine, and stir all together one way over a slow fire until it thickens; then pour it into cups.

141.—Lemon or Orange Custards.

Take the juice of 2 lemons and the rind of one pared thin; boil the inner rind of the lemon very tender, and pulp it through a hair sieve, adding sugar to your taste and 1 pint of sherry; let them boil for some time; then take out the peel and a little of the liquor; set it to cool, pour the rest into the dish you intend for it; beat up 3 yolks of eggs and 2 whites

very well, mix them with the cool liquor, strain them into a dish, and mix them all well together; set it on a slow fire in boiling water, and when it is thick enough, grate the rind of a lemon on the top.

Orange Custard may be made the same way, only using oranges instead of lemons.

142.—A Baked Custard.

Boil 1 quart of cream with some cinnamon. When cold take 6 yolks of eggs, a little orange-flower water, nutmeg, and sugar to your taste; mix all well together, and bake it in raised paste or cups.

143.—Paste for Baked Custards.

Take 8 ozs. of butter and 1 lb. of flour; boil the butter in a small teacupful of water, mix it into the flour, make it very smooth, and raise it into any shape you please.

144.—Puff Paste.

Take 3 lbs. of butter and 3 lbs. of flour; the butter must be tough; if salt, wash it in two waters the night before it is used; take half of it and rub it in the flour; make it into a paste with pure water of the same stiffness as the butter; roll it on a marble slab about half an inch thick, spot it with small pieces of butter, and dust it with flour; then double it up and roll it out again; spot it as before, and roll it out again; spot it the third time; then double it up again, roll it out again twice, and cut it into shreds about two inches broad, when it will be fit for use.

145.—*Another Way.*—You may make common puff paste this way proper for large pies by using only 1 lb. of butter to 2 lbs. of flour.

146.—*Another Way.*—Take $2\frac{1}{2}$ lbs. of butter and $3\frac{1}{2}$ lbs. of flour; mix the flour with water of the same stiffness as the butter, then roll out the paste, spot it with the butter three times, rolling it out and dusting it with flour as before; cut it in shreds for use.

This paste is worse for lying, and should be baked as soon as possible.

147.—*A Pyramid in Puff Paste.*

Take some best puff paste and roll it about a quarter of an inch thick; cut the first layer the size of the bottom of your dish, either the shape of the dish, or a diamond, or any other shape you please; cut about 10 or 12 more layers, reducing each half an inch in diameter all round; give each a slit in the middle to make them rise regularly, ice the points, and bake them in a good oven. When cold place the largest on the dish with raspberry jam, the next with apricot marmalade, and so on to the smallest; then fix a sprig of myrtle on the top and spin some sugar round it, which will make it both firm and beautiful.

148.—*To make a Handsome Tartlet.*

Take a large oval dish and sheet it with the best puff paste; cut it round the sides to make leaves, and fill it three-parts full with good preserved fruit; ornament on the fruit any device you please, such as a large star in cut paste, a sprig of flowers, or a tree; then bake it with great care, and serve it up the second course either with or without a spun sugar crocath.

149.—*Crisp Tart Paste.*

Take 1 lb. of butter and 2 lbs. of flour; rub the butter and flour very finely together, then mix it with water into paste the stiffness of the butter.

This is a choice paste for tarts made of fresh fruit.

150.—Sweet Tart Paste.

Take 6 ozs. of butter, 2 ozs. of sugar, and 4 lbs. of flour ; beat two whites of eggs to a froth, rub the butter and flour very finely together, add a little water, and make the paste of a proper stiffness with the whites of eggs.

151.—French Pastry.

Make and finish off some puff paste, and roll it out about one-eighth of an inch in thickness with a fluted cutter ; cut out 24 of this size and glaze them over with egg ; cut out 24 more with a cutter a size less ; place these on your table or slab, and cut out the middle of them the same as for patty cases ; put the rings carefully on the top of those first cut, so as to spring straight up in the oven : wash them over with egg, and bake in a good oven of a nice deep tint. When baked fill them with red currant jelly, then nicely ornament them with icing.

152.—Patisserie d'Amandes a la Conde.

Take a piece of puff paste and roll out the thickness of a penny piece (scraps or trimmings will do) ; then, having previously blanched 6 ozs. of Jordan almonds and cut them up into thin pellets, take the whites of 2 eggs, and 4 ozs. of icing sugar ; mix the almonds in, spread the mixture over the paste, cut out in little squares, and bake in a moderately warm oven ; dish up on a napkin and serve.

153.—Swiss Tarts.

Make 1 lb. of flour, 10 ozs. of butter, and about half a pint of water into a stiffish paste ; give this one turn, cut out the sizes required, dock them, and then nick them round the edge, place them on your sheet tin and place a piece of cork (or bread crust) on each tart ; bake a nice colour in a moderate

oven. When done take out the corks and put some apricot jam on each, and take some maringue mixture and spread about one inch thick over each tart; place some of the mixture in a paper cone and make a nice border round the edge, and some of your own designs around the sides; dust over with fine sugar, and bake a nice colour. These tarts are generally sold at 2s. 6d. each.

154.—To make a Hedgehog.

Take the weight of 9 eggs in sugar and 6 eggs in flour. Separate the whites from the yolks, put the sugar and yolks into an earthen pan and beat them well with the spatter; then whisk the whites very stiff and mix them with the flour, to be baked in a tin in the shape of a hedgehog. It must be buttered carefully with creamed butter, and when baked it must be stuck with Jordan almonds, cut the long way each into six pieces; then it must be soaked in wine, and covered with a rich custard.

VII. ICE CREAMS AND WATER ICES.

155.—Building an Ice-House.

An ice-house should if possible be built on the side of a hill, and shaded with trees. If the soil is sand or gravel, it will require no drain. Let the wall be perpendicular and at least be two feet thick; on the bottom build five or seven pillars—according to the size of the house—two feet high; one in the centre, the others round the sides at a proper distance from each other near the wall. Make a basin at the bottom for water; upon these pillars lay beams of wood, and from them make a trellis. The door of the house should face the north; the passage should be five or six feet long, and be made in a zig-zag direction, to prevent a sudden gust of air; in it fix three or four doors of well-seasoned wood not likely to shrink and at least two inches thick. The house must be of a high pitch on the outside and covered well with clay. If not well shaded with trees, fix over the brick and clay a false roof, at least one foot from the brickwork, which roof must be well thatched. This is very essential, to prevent the sun from shedding its beams on the roof of the house; or should you thatch it close to the brickwork, the warmth of the thatch will do more harm than the rays of the sun, for which reason it is necessary to have a space for free air. Let a trench be made from each side of the door with a proper descent to

throw off the water at the back part of the house ; this will keep the walls dry on the outside. If the soil is clay, it will be necessary to make a drain from the basin at the bottom ; this, however, is a nice point, unless there is a common sewer or rivulet near for the drain to empty itself into. If not, the difficulty is great. To guard against the danger prepare an air-tight drain with a proper descent ; at the ends of which dig a well for the drain to empty itself into, let there be a tight plug fixed at the end of the drain which must be taken out occasionally ; over the well fix a strong door and frame, which must be locked and the key entrusted to one servant only, whose business it must be to pay proper attention to the well, and dispose of the water from time to time.

Procure your ice clear and free from grass : cover the trellis at the bottom with thorns or old gooseberry bushes, and not on any account with straw, for as soon as straw gets wet it heats and wastes the ice. Beat the ice small at the door of the house, and let one or two men keep beating it down as it is thrown in. If there is snow upon the ground, put in three or four loads at different times, which will fill up all crevices, and be of great use in levelling ; fill up the house in this way, but put no straw round the sides of the house, nor on the top ; and do not put any salt in the ice. Ice well beat down, in a house with a good drain and free circulation of air, may be preserved from all danger, but if the precautions I have indicated be neglected loss and waste will be inevitable.

Eighteen feet in depth from the crown to the trellis, and twelve feet in diameter, are about the usual dimensions of an ice-house.

156.—Filling the Ice-House.

When you can obtain plenty of ice two or three inches thick, do not neglect the opportunity, for if the house is ever

so well filled at the first part of the winter, there will be space to fill up in a few weeks' time.

Tight doors will keep ice in great perfection without salt, whereas salt is certain to waste it. It certainly makes ice freeze a little at first, but as soon as its power is exhausted the ice begins to waste.

When your house is well filled shut the door, and clay up all the crevices. Do the same to the next door; fill this passage with bundles of straw, and clay up the door as before.

When you open the house shut yourself in the first passage, take out the straw from the second passage, and put it in the first passage, which will protect the ice from the air. You may then open the ice door and take out the ice you want. The doors must be clayed up with the same care as before, by which precaution you preserve your ice from all danger. If you fill a newly-built house, a board fixed next the wall may be of service, but remember to use no straw.

For small quantities an ice-house is not advisable, as good fresh ice can be bought at any time in any town of reasonable size.

157.—The Freezing Tub.

The tub should be made oblong or oval, the sides to be as upright as possible. It may be made to hold two or three freezing pots in length, leaving a sufficient space for the ice. It must have a false bottom, with some holes in it. In the side of the tub, near the bottom, make a hole for a peg, by which means you may draw off the water, a precaution highly necessary when freezing to prevent the water from ever getting into the freezing pot.

Freezing tubs or freezing machines of various shapes, and embodying the latest improvements, can be had of the manufacturers of bakers' and confectioners' utensils.

158.—To Freeze Ices.

If only one sort of ice, set the freezing pot in a small upright pail with two bottoms, &c. If two or three sorts, set your pots at a proper distance in the long pail; fill up the space with ice well beaten, mix with it three or four handfuls of salt, and press both ice and salt well down; then take a clean cloth and make the tops of the pots clear of ice and salt; take off the tops and put into each the creams or waters previously mixed for them, taking care that the pots are not more than half full; then replace the top to each pot, draw the tub a little to one side, and turn each pot as quickly as possible. If you have two pots, turn one with each hand; if three, let one stand alternately. When you have turned the pots ten minutes, take off the tops and scrape the frozen cream down from each with an ice spoon; if the cream appears hard and "flinty" you may conclude it is not mixed rich enough; if on the other hand it does not freeze, it is over rich, and in either case it must be rectified. If right, proceed as before directed, and every ten minutes scrape down. When the cream in the pots appears nearly frozen, keep off the covers and work well with the ice spoon, making the pots turn round in the ice; this will make the cream both smooth and light. As soon as it appears pretty stiff, put on the tops and cover the pots well up with more ice and salt, until you have prepared your moulds to receive it.

It may be necessary to remark here that you must have an ice spoon for each pot, or if using one spoon only, you must be careful to wash it every time, to prevent a mixture of tastes.

Another caution which you must always keep in mind when preparing ices, is that if the mixture is too poor it will freeze so hard and "flinty" that it cannot be used; and, on the other hand, if too rich it will not freeze at all.

159.—To put Ice Cream into Moulds, Fruit Shapes, etc.

Rub your moulds very bright, and fix on top and bottom with writing paper; take off the top and fill the mould with the frozen ice cream already prepared. It must be forced in very tight, that no holes may appear when turned out; then lay on the writing paper, fix on the top, and immediately cover it well over with salted ice. Go on in the same way until the whole is put into moulds; then lay them on one side upon ice, in a tub with two bottoms, cover them well over with salted ice, which must be pressed tightly down, and in one hour the ice cream will be hard enough to turn out; but should it be wanted sooner a little saltpetre beat small and mixed with the salt will be of great advantage.

If the ice cream is to be put in shapes to represent ripe fruit proceed as follows: Suppose it is apricot moulds you wish to use, when they are ready open them and colour the inside a pale yellow; with a small brush which has been dipped in lake finely ground, colour the sides of the mould in part; then take a small bit of whisk, dip it in the lake, and spot the mould a little with it, after which fill both sides very full and put them together; wrap the shape in strong brown paper, to keep the salt from penetrating the opening of the mould, then immerse it well in salted ice.

For peach, pear, pineapple, &c., the mould must be appropriately coloured in the same manner.

When you wish to turn out your shapes, you must have everything in readiness to receive them, and never turn them out before the ice of each is wanted. Take each mould and wash it well in plenty of cold water, then rub it dry with a towel; take a strong knife, and force off the top; rub the top very clean, then take away the paper, and place the top on;

do the same with the other end, after which take the mould in your hands (having previously taken off both top and bottom), and let the shape of ice drop on to the dish on which it is to be served at table. Repeat this with every mould, doing it in as short a time as possible, and serve immediately.

The ices in natural shapes must be turned out in the same way and laid upon the dish, when you may put a natural stalk into each and garnish them with their own leaves.

160.—To mix Strawberry Ice Cream.

Pulp 1 quart of scarlet strawberries with a wood spoon through a hair sieve; mix in $\frac{1}{2}$ lb. of sifted lump sugar, and add 1 quart of cream; mix all well together, and proceed to freeze as directed.

161.—Strawberry Ice from Strawberry Jam.

Pulp 1 lb. of strawberry jam through a hair sieve; add the juice of a lemon and 1 quart of cream; colour it with lake finely ground, and freeze as before.

162.—Fresh Raspberry Ice.

Pulp 1 quart of raspberries with a wood spoon through a hair sieve; mix in $\frac{1}{2}$ lb. of sifted lump sugar (or sugar to your taste); add 1 quart of cream, and freeze as before.

163.—Raspberry Ice from Jam.

Pulp 1 lb. of raspberry jam through a hair sieve; add the juice of a lemon and 1 quart of cream; make it a fine colour with prepared cochineal, and freeze as before.

164.—Fresh Apricot Ice.

Blanch and beat fine a few kernels; put them through a hair sieve with ripe orange apricots: if they will not pass the sieve,

they must be boiled in a small quantity of water, the water drained from them, and the apricots pulped through to 1 lb. of pulp ; add 6 ozs. of sugar and 1 quart of cream, mix all together, and freeze as before.

165.—Apricot Ice from Marmalade.

Blanch and beat fine a few bitter almonds ; pass them through a hair sieve, add 12 ozs. of apricot marmalade, the juice of a lemon, and 1 quart of cream, all of which must be mixed by degrees ; then freeze as before.

166.—Greengage Ice from Fresh Fruit.

This must be mixed exactly as the fresh apricot ice.

167.—Peach Ice from Fresh Fruit.

Blanch and beat fine a few kernels of peaches ; put the half peaches in a small pan, as close as you can, and cover them with pure water ; boil until the fruit is quite tender, and then pulp through a hair sieve, with the beaten kernels, to 1 lb. of pulp ; add the juice of a lemon, 8 ozs. of sifted sugar (or sugar to your taste), and 1 quart of rich cream ; mix all well together, and freeze as before.

168.—Peach Ice from Marmalade.

Blanch and beat fine a few bitter almonds ; pass them through a hair sieve, and add 12 ozs. of marmalade, the juice of a lemon, and 1 quart of cream—all to be mixed in by degrees ; then freeze as before.

If you wish this cream to be coloured, the yolk of a duck's egg may be used.

169.—Red Currant Ice from Fresh Fruit.

Put 2 quarts of picked red currants into a jar, cover the jar,

and set it in a slow oven until the currants are dissolved ; then pulp them through a hair sieve, and to 1 lb. of pulp add 12 ozs. of sugar (or sugar to your taste) ; when cold mix in 1 quart of cream, and freeze as before.

170.—Barberry Ice from Fresh Fruit.

Pick the barberries and put them into a jar ; dissolve them in a slow oven, and then pulp them through a hair sieve ; to 1 lb. of pulp add 12 ozs. of sifted sugar, and 1 quart of rich cream ; freeze as before.

171.—Barberry Ice from Marmalade.

Mix 1 quart of cream by degrees with 12 ozs. of marmalade, and freeze as before.

172.—Damson Ice from Fresh Fruit.

Put the damsons into a stone jar, cover the jar and set it in a slow oven ; when the damsons are dissolved pulp them through a fine hair sieve ; to 1 lb. of pulp add 12 ozs. of sifted loaf sugar ; when cold mix in 1 quart of cream, and freeze as before.

173.—Damson Ice from Marmalade.

Take 12 ozs. of marmalade, and 1 quart of cream ; mix them together as smooth as possible, and freeze as before.

174.—Lemon Ice Cream.

Lemon skins must always be kept in water, constantly removing it for fresh ; boil six or eight skins soft ; pulp them through a hair sieve ; then take the juice of as many lemons, first straining the juice, and mix the pulp and juice together ; to which add 12 ozs. of sugar, and 1 quart of rich cream, mixing all well together, and freeze as before.

175.—Pistachio Ice.

Blanch and beat until fine the kernels of 6 ozs. of Pistachio nuts; then whisk up six eggs, and mix them with the rind of a lemon, a small bit of cinnamon and mace, half a pound of sifted sugar, and 1 pint of cream; boil all together until it comes to a curd, then take it off and mix in the Pistachio nuts; pass the whole through a hair sieve, and freeze as before.

176.—Biscuit Ice.

Break 6 eggs into a stew-pan; beat them well (with a wood spoon with holes in it); add 1 pint of cream, the rind of a lemon, a bit of cinnamon, and 1 pint of clarified sugar; boil it until it thickens, stirring it all the time; crumble in a Naples biscuit, and some ratafias; pass the whole through a sieve, and freeze as before.

177.—Ginger Ice.

Beat 4 ozs. of preserved ginger very fine in a marble mortar; add half a pint of ginger syrup, the juice of a lemon, and 1 pint of cream; mix it well together, and freeze as before.

178.—Prince of Wales Ice.

The freezing pot being properly fixed in ice, as before directed, pour into it 1 pint of good cream; whisk it round until the cream hangs to the whisk; then take the whisk out and stir in 2 ozs. of beaten sugar; work it very light with the ice spoon, and when stiff put it into moulds and freeze as before.

179.—Royal Ice Cream.

Take two eggs and the yolks of eight more; whisk them well up, and add the rind of 1 lemon, 1 pint of syrup, 1 pint of cream, a bit of cinnamon, and a tablespoonful of orange-flower

water ; mix all well together in a stew-pan, stirring it well over a clear fire until it thickens ; then pass it through a hair sieve, and freeze as before ; as soon as it is pretty stiff put in a little of each of the following, viz. citron, lemon, orange, and blanched Pistachio nuts—all shred very small and mixed in just before you put the ice-cream into the moulds.

180.—Brown Bread Ice Cream.

Your freezing pot being properly fixed in ice, pour in 1 pint of rich cream ; whisk it round until it hangs to the whisk ; then take out the whisk and mix in 3 ozs. of sifted sugar ; work it very light with the ice spoon, and as soon as it is pretty hard mix in a handful of stale brown bread previously put through a fine wire sieve ; then work it well again with the ice spoon, and as soon as pretty hard put it up into moulds.

181.—Burnt Almond Ice.

Whisk up 4 eggs, to which add 1 pint of cream and one of clarified sugar, and boil in a stew-pan, stirring it all the time until it thickens ; then pass it through a hair sieve and freeze as before. When you put in the ice-spoon to work the pot round, put in a handful of burnt almonds, previously beaten and sifted through a coarse wire sieve. When properly frozen, put the mixture up into moulds and freeze as before.

182.—Burnt Filbert Ice.

Take the kernels of filberts and roast some of them ; beat in a mortar and pass them through a wire sieve ; then whisk up 4 eggs, to which add 1 pint of cream and one of clarified sugar ; boil as before in a saucepan until the mixture thickens, then pass it through a hair sieve and freeze as before. When you pour into the moulds, put a few filbert kernels into each.

183.—Prunella Ice.

Break 4 eggs into a stew-pan, and add 1 pint of cream and one of clarified sugar; boil the mixture until it thickens, then mix in prunella spice to your taste, pass it through a hair sieve, and freeze as before.

184.—Parmesan Cheese Ice.

Break 6 eggs, to which add 1 pint of cream and $\frac{1}{2}$ pint of clarified sugar; mix all together and boil it till it thickens; then rasp in 3 ozs. of parmesan cheese; pass the whole through a sieve and freeze as before.

185.—Tea Ice Cream.

Make some strong tea of the best quality, to which add $\frac{1}{2}$ pint of clarified sugar and 1 pint of good cream; mix well together and freeze as before.

186.—Coffee Ice Cream.

Take 1 oz. of whole coffee and put it into a stewpan with 1 pint of cream; simmer it over a slow fire for ten minutes and then strain it; break 4 eggs into a stew-pan and add $\frac{1}{2}$ pint of clarified sugar and the cream from the coffee; give it a boil, stirring it all the time, and then pass through a hair sieve and freeze as before.

187.—Chocolate Ice Cream.

Melt 2 ozs. of chocolate before the fire; break 6 eggs, to which add 1 pint of cream and $\frac{1}{2}$ pint of clarified sugar; mix them in a stew-pan and boil until the mixture begins to thicken; then mix in the chocolate, pass it through a sieve, and freeze as before.

188.—Seville Orange Ice from Fresh Fruit.

Grate the rind of 2 oranges into a basin, add the juice of 6 or 8 oranges and 2 lemons, 2 pints of cream and 2 pints of clarified sugar; mix all together, pass it through a hair sieve, and freeze as before.

189.—Seville Orange Ice from Marmalade.

Put 1 lb. of smooth orange marmalade into a basin and add the juice of 2 lemons; mix in by degrees 1 quart of cream, pass through a hair sieve, and freeze as before.

190.—Pineapple Ice from Fresh Fruit.

Squeeze the juice from a small pine, then slice the pine thin and lay it in a flat pudding-pot; sprinkle beaten sugar on the top, cover it over and set in a slow oven until melted; pulp it through a hair sieve and add the juice, with 1 quart of cream, and sugar to your taste; then freeze as before.

191.—Pineapple Ice from Marmalade.

Take 4 ozs. of marmalade, mix with it 1 pint of pine syrup, the juice of 2 lemons, and 1 quart of cream; mix all together, pass through a hair sieve, and freeze as before.

If you wish your ice cream to resemble a pine *in colour*, use a little strong saffron. If you put it into a pine shape, colour the top when turned out with a soft camel's hair brush dipped in the juice of spinach.

192.—Melon Ice Cream.

Squeeze the juice from a ripe melon, then cut the melon into pieces and put it into a small saucepan; cover it with water, boil until tender, and then pulp it through a hair sieve; add the juice to the pulp, with $\frac{1}{2}$ lb. of sugar and 1 quart of cream for 1 lb. of pulp; mix all together, and freeze as before.

193.—Lemon Water Ice.

Prepare as much lemonade as you think proper, and freeze it; if you want it for moulds let it be as hard and white as snow before you put it up; it must be forced down into the moulds, so that no holes may appear.

194.—Orange Water Ice.

Prepare orangeade in the quantity desired, and observe the same directions as for lemon water ice.

195.—Currant Water Ice.

Take 1 pint of red currant juice, $\frac{1}{2}$ pint of clarified sugar (or sugar to your taste), and 1 quart of soft water; mix together, strain through a fine hair sieve, and freeze as before.

196.—Strawberry Water Ice.

Pulp 1 quart of scarlet strawberries through a hair sieve; add to it 1 pint of clarified sugar and 1 quart of water; mix all together, and freeze as before.

197.—Raspberry Water Ice.

Pulp 1 quart of raspberries through a hair sieve; add $\frac{1}{2}$ lb. of sifted sugar (or sugar to your taste), and 1 pint of soft water; mix all together, pass it through a sieve, and freeze as before.

198.—Barberry Water Ice.

This should be mixed in the same way as red currant ice. Freeze as before.

199.—Winesour Water Ice.

Fill a jar with winesours, dissolve them in a slow oven, and pulp them through a hair sieve to 1 lb. of pulp; add 12 ozs. of sugar and 1 quart of water, and freeze as before.

200.—Damson Water Ice.

This should be prepared exactly the same way as winesour ice.

201.—China Orange Water Ice.

Take 12 china oranges, rub the skins of a couple of them with lump sugar to gain the essence; then squeeze the juice from the whole, and add sugar to your taste with 1 quart of water; pass through a fine sieve, and freeze as before.

202.—Apricot Water Ice.

Take 12 orange apricots; bruise the kernels of half of them, and put them into a small saucepan with the apricots; cover them with soft water, and boil them until the apricots will pulp through a hair sieve; add $\frac{1}{2}$ pint of clarified sugar and 1 pint of water, mix all together, and freeze as before directed.

203.—Green Gooseberry Water Ice.

Take ripe green gooseberries, pick and put them into a strong jar, set them in a slow oven to dissolve, and then pulp them through a hair sieve to 1 lb. of pulp; add $\frac{1}{2}$ lb. of sifted sugar and 1 pint of soft water, then freeze them as before directed.

204.—Red Gooseberry Water Ice.

This may be mixed exactly the same way as green gooseberry ice.

205.—Morella Cherry Water Ice.

Pick and stone some Morella cherries; put in a stone jar and dissolve them in a slow oven; pulp them through a hair sieve to 1 lb. of pulp, add $\frac{1}{2}$ lb. of sifted sugar (or sugar to your taste), and 1 quart of water; freeze them as before.

206.—Mulberry Water Ice.

Press and pulp ripe mulberries through a hair sieve ; for 1 lb. of pulp allow $\frac{1}{2}$ lb. of sifted sugar and 1 quart of soft water ; mix and pass it through a hair sieve, and freeze as before.

207.—Peach Water Ice.

Break the kernels of a few peaches, and put them into a small saucepan with one dozen or more of the half peaches ; cover with soft water and simmer them on a slow fire until all are dissolved ; pulp them through a hair sieve to 1 lb. of pulp ; add $\frac{1}{2}$ pint of clarified sugar and 1 quart of water, and freeze as before.

208.—Nectarine Water Ice.

This is to be prepared and mixed in exactly the same way as peach ice.

209.—Pineapple Water Ice.

Pare and squeeze a small pine ; cut it very fine, and put into a pudding pot with sifted sugar between the layers ; set it in a slow oven until dissolved, then pulp it through a hair sieve, and add the pine juice to it, with sugar to your taste, and as much water as will make it a rich mixture ; then freeze it as before.

If you wish the ice to be the colour of the pine, add a little fine prepared saffron.

VIII. JELLIES.

210.—Calf's-foot Jelly.

Take a gang of calfs' feet, well cleaned, and with 4 quarts of water simmer it gradually for four hours to 2 quarts; then strain and let the liquor stand all night; next morning take off the fat and the sediment from the bottom; add 4 whites of eggs well whisked, a bottle of sherry, the juice of 3 lemons, a few coriander seeds tied up in a bag, 4 ozs. of isinglass dissolved in a pint of boiling water, and sugar to your taste; set it on a clear fire and let it boil fifteen minutes; then run it through a jelly bag until quite fine and clear. Dip your moulds in water before you fill them.

211.—*Another Way*.—Take the jelly as above made, and in peach or apricot moulds put it in a stew-pan with yolks of 3 eggs, the juice of 2 oranges, and a bit of sugar; set it on the fire and stir it all the time until nearly boiling; take it off and let it stand till nearly cold; then brush the peach and apricot moulds with a little sweet oil, dip your brush into lake and colour the sides of your moulds with it, fill the moulds with the jelly and let them stand until stiff. Then open them carefully and lay the jelly in a glass bowl, placing in the end of the fruit a natural stalk; garnish with natural leaves, and so serve.

212.—To Ornament Jelly.

As jelly put into moulds should be particularly strong, a little stock from isinglass, mixed with the calf's foot stock, will be

of great use. When you intend to introduce fruit fix your moulds in salt, then fill them half full of jelly; let it stand until set, and then place on it a large strawberry just plucked, with the leaf and stalk on it; fill up the mould with jelly. You may also introduce in other moulds cherries or peaches or other fruit; but this can only be done when fruit is in season. When it is not, wafer paper painted as such or in landscape, and laid upon the dish with the shape of jelly turned upon it, has a very good effect.

213.—A Corner Dish or Fish Pond.

Fill a handsome glass bowl half full of clear calf's foot jelly; let it stand until set, then place on it three or four small fish made of gum paste and coloured neatly, or these may be made of strong blancmange from moulds constructed for the purpose. You may ornament one or two of them with leaf gold and the other with silver. Fill up the bowl with jelly within half an inch of the top, and let it stand until quite stiff. Take green sugar and run it round on the surface of the jelly half an inch wide next to the glass; you may also run orange-coloured sugar about a quarter of an inch wide in the middle of the green to represent a "walk on the green." Shells made of gum paste, called dragees, may also be introduced. Then place on the jelly three or four swans modelled in different attitudes. If these are well executed, and the bowl filled and ornamented as directed, it will have a very pleasing effect.

214.—Maraschino Jelly.

This is made with 6 liqueur glasses of maraschino with a quart of clarified calf's-foot jelly. Fruit cut into quarters may be added.

215.—Gold or Silver Jelly

—or both mixed—is made with eau-de-vie de Dantzic by mixing the gold and silver leaves with a little jelly and

ornamenting the bottom of the mould with it. Place in ice until set, and then fill with very clear calf's-foot jelly. Gold jelly can also be made by cutting up a quarter-sheet of gold in a glass of brandy.

216.—Lemon Jelly.

Take 2 calf's-feet and 2 quarts of water and simmer gently to half the quantity; as the scum rises take it off and strain it. Next morning take off the fat and the sediment; take 12 lemons and pare 1 very fine for the jelly to run upon, then rub 3 to procure the essence; whisk up well 8 whites of eggs, and add them to the stock with the juice of the lemons, a stick of cinnamon, and sugar to your taste. Let it boil five minutes, then take it off the fire and let it stand five minutes before you put it into the jelly-bag; pass it through three or four times, and as soon as clear put the pared skin of lemon into the bowl for the jelly to run upon. When cold put it into your moulds and let it stand all night.

217.—Orange Jelly.

Pare 4 Seville oranges very fine, take 3 ozs. of isinglass and 3 pints of water; simmer the orange peel and the isinglass in the water until reduced to half the quantity; let it stand till cold, then add the juice of 12 oranges, and sugar to your taste, with $\frac{1}{2}$ a pint of brandy. If you wish to have it clear make it hot and run it through the jelly-bag.

218.—Hartshorn Jelly.

Simmer 6 ozs. of hartshorn shavings in 3 pints of water, until reduced to half the quantity; simmer also with it the rinds of 3 oranges and 1 lemon pared thin; when cold add the juice of both, and sugar to your taste; whisk up the white of 4 eggs, mix all together, and let it boil ten minutes. Then strain through a jelly-bag until clear.

IX. ORNAMENTAL SUGAR WORK.

To enter upon a copious dissertation on the different methods of building centre-pieces and their dependants for tables would involve much labour, and would convey neither instruction nor amusement : for this branch of confectionery, as well as some others, may with justice be styled mechanism, as much so as a clock or a watch. But such instruction as may be useful in such a work as the present I shall feel pleasure in making as clear as possible. Amateurs I would advise to avail themselves of any opportunity to take a few lessons in this branch from a skilled workman, and instruction so gained should, with the help of this treatise, make them sooner or later proficient in the whole science.

219.—To make Gum Paste.

Put any quantity of picked gum-dragon into an upright earthen jar; cover it with cold water, and let it stand two or three days; meanwhile beat and sift fine loaf sugar through a lawn or cypress sieve; take the gum into a coarse piece of canvas, which should be rolled up, and let a second person assist in twisting the roll round until the whole of the gum has passed through; beat it well in a mortar to make it tough and white, then add sugar by degrees, still beating it with the pestle; when it is stiff take it out and keep it in an earthen jar for use.

When worked into ornaments it will require a little starch

powder to smooth and make it proper for use. If you wish to colour any part of it, use lake finely ground; for yellow, use strong saffron; for green, the juice of spinach.

220.—To Ornament a Cake with Gum Paste.

The gum paste must be made according to the directions given above. It must be tough with gum, and worked up to a proper stiffness with starch powder before you use the moulds. These must be dusted with starch powder tied up in a piece of cloth. The paste must be rolled out on a marble slab, put tight down into the moulds, and cut off with a smooth, sharp knife. Take out as many borders as will go round the bottom of the cake and lay them on a board. If they do not come out very readily, put a bit of gum paste to them in different parts; give it a touch, jerk it, and the border, &c., will come out immediately. Then touch the border with a camel's-hair brush, dipped in thin gum water; place it neatly on the bottom of the cake, and so on until it is ornamented all round. Be careful to make the joinings so as not to be observed. Then take out more borders of a different pattern for the top, afterwards take out trophies for the sides, tops, and ends; or if you wish to raise the top of the cake you may model the family crest or any other device you please.

221.—To Raise the Top of a Cake with Twisted Paste.

Roll a piece of gum paste perfectly even upon a marble slab; take it off the slab, and lay it upon a smooth board; lay a ruler upon it, and cut it with a sharp knife: when cut it must be square; take hold of each end and give it a twist; turn the ends and fix them together to make a small loop; twist a number in this way, and lay them on an even board. Next morning set as many of them up on a side with soft gum paste

as will make an oval on the top of the cake, and let them dry; then fix another round upon them, and so on until it comes to a point. This makes a very neat finish when well executed.

222.—To make a Fountain in Gum Paste.

This is an ornament for the top of a cake. Roll out a piece of gum paste square, as before; cut it into long lengths, twist them, and lay them on a smooth board; bend them towards one end, and so on until you have a good number in the same way; then turn a piece of paste about three inches long upon a round rolling-pin; next morning set it up in the middle of the top of the cake; fix it with soft gum paste, and as many gum-paste leaves as will go round it; when dry, fix the crooked paste round it in different heights, so as to represent a fountain. This device makes a beautiful middle piece for a small table, or an end or corner piece for a large one.

223.—A Sponge Cake as a Melon Ornamented with Fruit.

Take a nice sponge cake baked in a melon mould; roll out long lengths of gum paste very fine, and place one in each niche of the cake; then lay gum-paste leaves at a distance on each side of the stalk, after which roll out a piece of paste the thickness of a natural stalk; cut it aslant at one end, about two inches in length; lay on one end of the melon four or five leaves, and in the middle fix the stalk before named; then model fruit, such as apricots, grapes, pears, or plums; fix them on the leaves placed in the niches of the cake. If they are well executed they will have a pleasing effect.

224.—A Sponge Cake as a Melon Ornamented with Flowers.

Place strings of gum paste as before in the niches of the

melon; then leaves, on which fix flowers of different sorts, which, if you cannot model yourself, you may procure of any working confectioner.

225.—A Sponge Cake to represent a Ripe Melon.

Make a large basinful of very light icing (for instructions for making the same see page 80); then divide the icing into three basins; colour one a pale yellow-green, the next a darker green, and the third darker than the second; then lay the melon cake with the top downwards, and ice the then top with the palest green icing, putting a tinge or two of the other colours; then set it in a warm stove to dry, after which turn it and ice the top neatly with the pale green, then in parts with the second colour, and after that with the third. Care must be taken that the icing is not too thin. Let it stand in a warm stove for half an hour, after which put it in a moderate oven for five minutes, which will make it sprout a little; when cold, place a very short gum-paste stalk at one end of the same colour.

226.—To Ornament a Sponge Cake as a Pyramid.

Provide a mould in the shape of a pyramid and bake a sponge cake neatly in it; or you may procure single heights, which may be much easier—that is, provide a tin rim the size of the bottom of the dish, and two or three inches deep; then procure five or six rims the same depth and the same shape, but each one an inch less, which will bring it to a very small oval. When baked, cut each one off by the tin and fix them together with a little icing; ornament each height with a handsome border, and place birds in different attitudes on the pyramid. This will make a really superb dish if ornamented with taste.

227.—To Ornament a Sponge Cake as a Turban.

Provide a copper mould in this shape, and bake a sponge cake neatly in it. When cold, ornament it with some handsome borders on the foldings, cutting off the bottom part of the borders to make them represent rich lace; then fix one or two feathers on the side, which will give it a neat effect.

228.—To Ornament a Cake as a Basket of Flowers.

Bake a sponge cake in a tin mould in the shape of a basket, ornament it as such, and twist a wreath of gum paste round the top; make two handles of gum paste and place them one at each end; then model flowers of different sorts and fill the basket well with them.

229.—An Ornamental Cake as a Flower Pot.

Bake a sponge cake in a small flower pot, make a bottom of gum paste of the same colour as the cake in the bottom of a flower pot; next morning fix the cake upon it, and ornament both in a handsome manner; then cover the top of the cake with writing-paper, wash it over with gum water, and cover it with green or brown rough sugar; tie five or seven pieces of cap wire together at one end, open the other and brush them over with soft green paste; when dry wrap a piece of writing-paper round the bottom part and force it down into the cake; fix on each wire a gum-paste flower—either roses or carnations will have a pleasing effect if flavoured with the proper essence.

230.—An Ornamented Cake as an Elephant.

Bake a sponge cake in a copper mould of the above shape; when cold, turn a very handsome border round each leg; as soon as that work is dry, set it on its feet; then turn a border round its nose and ears; let a nice ornament fall down its fore-

head, ornament the back so as to represent a castle, in which place several individuals with white turbans on their heads, and one or two of them with flags in their hands.

231.—To make Custard Cups.

Take turkey eggs and cut each across at the thick part (five make a set), dry the inside of the shell, then roll out pink or blue gum paste very thin; cover each shell with it, and the tops also; model five small pedestals and fix one cup upon each; when dry ornament them neatly with white gum paste, and put a small leaf upon the top to take hold of. If you finish them neatly, they will be both useful and ornamental.

232.—Ornamental Baskets.

There are various designs for baskets. When you wish to make any you must provide yourself with a tin mould of the shape you desire; then cut off your gum paste from the mosaic board and place it neatly in the mould; when dry you may ornament it to your fancy. Pink and white gum paste is a very neat arrangement, or blue with gold handles.

The foregoing directions will be sufficient to give a brief idea how to ornament cakes. To attempt to do more here, or to enter generally into ornamental work, would be quite out of place, as no one can attain to that art except by considerable practice.

233.—To Prepare Icing for Cakes, Biscuits, etc.

Put, say, eight whites of fresh eggs into a large pan or basin, and take fine icing sugar and one spoonful of soft gum-dragon; beat all together with a spoon or spatter, adding at intervals a little lemon juice, which will assist the colour; keep beating it

up till very light, which you may know by its rising to double the quantity : this is a certain criterion of lightness.

If you want icing for cakes, you must test the stiffness by taking up a little with a spoon and dropping it on a tin plate : if it keeps its shape it is of a proper consistency to lay on cakes, but if it runs it must be made stiffer.

Icing can be made without the gum-dragon, but I think its addition is a decided improvement.

234.—Almond Icing for Bride Cakes.

Take 1 lb. of Valentia almonds and 2 lbs. of icing sugar, with 4 whites and 2 yolks of eggs ; blanch and beat the almonds fine with white of egg, then add the sugar and remainder of the whites, and beat them well together until you make them into a softish paste. As soon as the cake is baked, take it out and take off the hoop and paper carefully from the sides ; then put the almond icing carefully on the top of the cake, and make it as smooth as you can ; put the cake back into the oven and let it remain until the almond paste is firm enough and the colour of a macaroon ; let it stand two or three hours and then ice it.

235.—Piping Cakes.

Paper cones are used for piping cakes, but the handiest way is with a water-tight bag and screw with a set of tubes, which can be had of any manufacturer of bakers' or confectioners' utensils, or from the author of this work.

X. JOINTS AND MEAT DISHES.

236.—Joints of Beef.

The best *roasting* pieces are sirloin, spare-rib, and the head of a huck bone. A large sirloin will take $2\frac{1}{2}$ hours to roast. Have a clear, brisk fire, baste the meat well with dripping when it first goes to the fire, but keep it at a distance at first, for if it once gets hardened on the outside it will never roast properly afterwards, but will be red at the bone even though it look burnt on the outside.

All meat should be sprinkled with a little salt while roasting, and garnished with a little scraped horse-radish, and the gravy—made with boiling water—should be poured over any brown bone or corner, but not over all the meat. A spare-rib will take 3 hours to roast, and the head of the huck bone about $2\frac{1}{2}$ hours.

The nicest *boiling* pieces are a round and a rump, which are good either fresh or salted, and may be sent to the table surrounded either with turnips and carrots or greens.

A breast or runner of beef is very nice when salted, either with or without saltpetre. It will take for a round or breast about 2 ozs. of saltpetre, which should be mixed with the salt, and sparingly put on at first for a night or two; then put on all the rest of the salt, and rub and turn the meat every other day for a fortnight, when it will be fit for use.

Any of the other pieces make excellent broth; the rump and spare-rib do best for steaks.

237.—Beef Steaks.

These should be cut pretty thick, and done on a clear fire, the gridiron being made hot before the steaks go on. They should be constantly turned to prevent the juice running out. They will do in ten minutes if the fire be good. A little shallot should be minced and laid on the dish, and then the steaks laid above it, with a sprinkling of salt between each steak to bring out the juice.

238.—To stew a Round.

Put on the round without any water, to give it a brown; then add as much water as will prevent it burning, with carrots, turnips, and a few onions.

239.—To stew Beef in Slices.

Cut any lean piece of beef in slices, beat it well, and sprinkle it with pepper and salt, then roll it up, and if you wish it to look particularly well rub it over with the yolk of an egg; dust it with flour and brown it nicely in a little dripping; add as much water as will nearly cover it, well thickened with flour, and brown it altogether for a minute, then stew very slowly for two or three hours.

This makes a very nice dish.

240.—Minced Meat or Collops.

Any piece of lean beef, if well minced, makes good collops, and about $1\frac{1}{2}$ lbs. make a good side dish. They should be well beat in the frying-pan with a beater before they heat, otherwise they will run in knots; they should be thickened with a little flour and water. A little fish sauce or catsup is an improvement. A quarter of an hour or twenty minutes will do them, but if done slowly, longer will not spoil them.

241.—Scotch Collops.

Cut beef as if for stew ; brown in a little butter or dripping, just enough to keep your meat from burning, then brown each side of the slices in the frying-pan ; put them to one side, and put in a little water for gravy, adding salt and a little shalot.

242.—To dress Cow's Head.

Soak the head in water and well clean it. Boil till it goes to pieces, then take it out of the pot, and when cold cut it down into small neat pieces—gristle and all that will cut—then put it on with the liquor (after the latter has been searched) with plenty of mixed spice, according to taste, and when it is well boiled down add catsup, and put in shapes to turn out when wanted ; garnish with pickles of red cabbages or beet-root. Cow-heel done with it is an improvement.

243.—Joints of Mutton.

Legs, saddles, or shoulders are the best roasting pieces. A leg will take about an hour and a half to roast ; to boil it will take two hours and a half. For those who dislike leg of mutton boiled in broth it is a good plan to keep the liquor it is boiled in and make broth the following day. The boiled leg should be garnished with turnips and carrots, and should have a few capers mixed in the gravy and poured over it when sent to the table.

244.—Mutton Chops.

These are best when cut from the thick part of a leg of mutton or back ribs ; broil them on a hot gridiron, and do them like beef steaks ; garnish with pickles.

245.—Mutton Hash.

Cold roast mutton makes an excellent hash ; cut down small, boil the bones first to make the gravy, then take them out and

put in the meat, but do not let it boil fast, as that would make it hard—only keep it near the boil for a few minutes; season with pepper, salt, a little catsup, or any rich sauce, and garnish with pickles.

246.—Veal.

A fillet of veal makes a good roast, but it requires more roasting than beef or mutton. It should be well basted with butter, and while roasting, half an hour before ready, dusted with flour; the gravy is made of flour and water boiled with a squeeze of lemon and salt and a little of the dripping.

247.—Veal Cutlets.

These are cut from the fillet, or any lean piece of veal, in thin slices; beat them well and dust them with flour; brown them nicely with butter, then add a little water thickened with flour, and brown all together of a nice light brown—a few minutes will do it; add a squeeze of lemon, with salt to your taste.

248.—To stew Veal.

Take a breast, loin, or fillet of veal, rub it with the yolk of an egg, then brown it of a nice colour with a little butter; have ready a little veal gravy made up of any scrap or bone, well thickened with flour; season with a little catsup, a squeeze of lemon, and salt to your taste; brown all well together, and let it stew till tender. A loin will take about $2\frac{1}{2}$ hours, the other pieces rather more.

249.—Stuffing for Veal.

Take crumbs of bread, yolk of an egg, a bit of salt butter of the same size, a little veal gravy or any sauce, mixed spice, a little boiled parsley minced very fine, a squeeze of lemon, and stuff it next the bone of a fillet, either for roasting or stewing; in the loin it must be put between the skin and flesh.

250.—To dress a Calf's Head.

Take a calf's head, scald the hair off and scrape it very clean; let it soak in cold water for some hours, then parboil it for half an hour, and keep the liquor it was boiled in; cut the head in small pieces from the bone, take out the eye and all the meat you can get with it; keep the tongue whole, rub it with the yolk of an egg, dust it with flour, and brown it all round in butter; then add the meat, and make it as brown as you can without burning; add mixed spice with a squeeze of lemon, then add for gravy as much as you will of the liquor the head was boiled in, thickened with flour. It will take at least three hours to stew, and you cannot stew it very slow; when dished put the tongue in the middle and the hash round it; a little soy, or catsup, or fish sauce may be added, if agreeable.

251.—Joints of Pork.

A leg, loin, and back ribs are the best roasting pieces. The skin should be cut in stripes an inch apart, but not deeper than the skin, and when half roasted take off every alternate stripe to admit the heat; gravy as for any other roast.

A boiled leg of pork is the better for being salted for eight or ten days, and should be skinned before coming to the table; allow a quarter of an hour for every pound and half an hour over; the liquor in which it is boiled does very well for peas-soup; the leg should have peas-pudding sent to the table with it.

252.—Pork Steaks.

Cut them from the loin or neck, and of middling thickness; pepper and broil them, turning them often, and when nearly done sprinkle them with salt, and serve the moment they are taken off the fire.

253.—To roast a Sucking Pig.

If you can get it when just killed this is of great advantage ; let it be scalded—which the dealers usually do—then put some sage, crumbs of bread, salt and pepper into the belly and sew it up ; lay it to a brisk fire, and when it is thoroughly dry rub it over with butter in every part ; when ready cut off the head ; then—without withdrawing the spit—cut it down the back and belly, and lay it in the dish ; garnish each side with the half of a head, split up ; for gravy take a little of the dripping, with water that has had a bit of bread boiled in it.

If very small it may be sent to the table whole with a lemon in the mouth.

254.—Lamb.

A hind quarter of lamb will take about an hour and a quarter, a fore quarter not quite so long. Many people prefer the fore quarter cold. Gravy as for beef or mutton ; and when sent to the table cold, garnish with parsley.

255.—Lamb Cutlets with Spinach.

Cut the steaks from the loin, and fry them. The spinach is to be stewed and put into the dish first, and then the cutlets round it.

256.—Lamb's Head.

Soak a lamb's head for a night in water, boil till tender, take the liver and lights and mince them pretty small, then give them a fry in a very little butter, adding a little of the gravy they were boiled in thickened with flour. Put the head in the middle of the dish and the mince round it, seasoned with salt, spice, and a little vinegar. The lights should be first parboiled with the head, but not the liver.

A sheep's head and pluck can be done the same way.

257.—Scotch Haggis.

Get a bag from the butcher, soak it all night in water, and scrape it well outside and in, washing with boiling water; rub it over with a little salt to bring off all the slime, then soak again in water. Boil a sheep's pluck till ready, and when cold grate the liver very fine, and mince the heart and lights very small; take about 1 lb. (or rather more) of suet, a quarter of a peck of oatmeal, and mix all together with a little of the liquor the pluck was boiled in (which should first be well skimmed), a few onions shred small (if liked), and plenty of pepper and salt. Fill your bag, then secure the mouth by twisting it well with a small wire skewer; put it into boiling water and keep it boiling for three hours. The bag should be pricked with a large needle to prevent it from bursting.

258.—To salt a Beef Ham.

For a rump of beef about 20 lbs. weight take $\frac{1}{4}$ lb. of saltpetre, 2 lbs. of salt, $\frac{1}{4}$ lb. of coarse raw sugar, $\frac{1}{2}$ oz. of cloves, 1 oz. each of Jamaica and black pepper ground, mixing the spice all together. Rub the mixture well over the meat, stuffing it in at the bone as much as possible, and let it lie for two or three days; then add about 1 lb. more salt, rub it well, and turn it every other day. It will be fit for use in about three weeks, when you should drain off the brine and hang the ham up. If you want it smoked, hang it over a barrel in which you burn peat or turf—the smoke will soon take it if you turn it well on every part—then hang up to dry.

259.—To salt a Mutton Ham.

For a leg of mutton it will take an ounce and a half of saltpetre, and the same spices as for a beef ham except the pepper; thrust your finger down the hole in the shank, and fill it with

the spice, salt, and sugar as mentioned; then tie it tight, and rub it well with salt, saltpetre, and sugar, turning it every other day.

260.—To salt a Bacon Ham.

Take about 2 lbs. of common salt, 2 ozs. of saltpetre, a $\frac{1}{4}$ lb. of coarse sugar and spices as in the former recipes, and mix all well together; open the ham at the shank, and stuff it with the salt and spices; then tie it up hard round the shank-bone, to keep out the air, and rub it well over with the mixture every other day; strew a little salt above and below it, cover it up with a plate, and then with a cloth, but do not let the cloth touch the brine; after it has lain two or three days rub in more salt, continuing this for three weeks, and taking care to keep the joint always covered up; then take it out, drain off from the brine and hang up. If it can be hung for some time in a house where a peat or turf fire is used it will greatly improve it.

261.—To cure Tongues.

Rub them with salt and 1 oz. of pounded saltpetre to each tongue, and about 2 ozs. of coarse sugar; mix with salt 1 oz. of Jamaica pepper, 1 oz. of black pepper, and $\frac{1}{2}$ oz. of cloves, rub it all well into them, let them lie three weeks and they will be ready for use.

262.—To boil Vegetables Green.

Be sure the water boils before you put them in, and make them boil very fast; do not cover them, but watch them; you may be sure they are done when they begin to sink, then take them out immediately or the colour will change.

XI. MEAT PIES AND PATTIES.

263.—Beef Steak Pie.

Cut the steaks thin, beat them well, and season with pepper and salt; add a little flour and water for gravy, with a spoonful of catsup, and cover with a good crust.

264.—Veal Pie.

Cut steaks of veal, beat them and season with pepper and salt, add the yolks of 4 hard-boiled eggs, divided, a little gravy made of any scraps of veal thickened with flour, and the juice of a lemon; cover with a good crust.

265.—Mutton Pie.

Cut steaks of mutton, removing some of the fat; beat them, season with pepper and salt, or cut the steaks small as for a hash, add a little water thickened with flour, and cover with paste.

266.—Giblet Pie.

After nicely cleaning the giblets, stew them in a small quantity of water, with an onion or two and some black pepper; stew till nearly done, then let them cool, and lay them in the dish; thicken the gravy with a little flour, pour it over them, and cover.

267.—Pigeon Pie.

Soak your pigeons well in cold water, till the water is free from blood; pepper and salt them well before closing them; lay a beef-steak at the bottom of the dish, and, between every two, half the yolk of an egg, hard boiled; add a little water thickened with flour, then cover with a good paste, and in the centre stick three feet, nicely cleaned, to show what kind of a pie it is.

268.—Paste for Small Raised Pies.

Take 12 ozs. of butter, 2 lbs. of flour, and a gill of water, and mix same way as for baked custards.

269.—Paste for Goose Pie.

Take 4 lbs. of butter, 1 lb. of beef suet, and 10 lbs. of flour; melt the butter and suet in 1 quart of water, mix it into the flour, which should make stiff paste; if it be not sufficient to do that, add a little boiled water; it must be worked smooth and raised warm; let it stand all night, then fill and finish it.

If made into one pie this quantity will be sufficient for a goose and a turkey boned, and a tongue cut in slices. It should be baked in a solid oven.

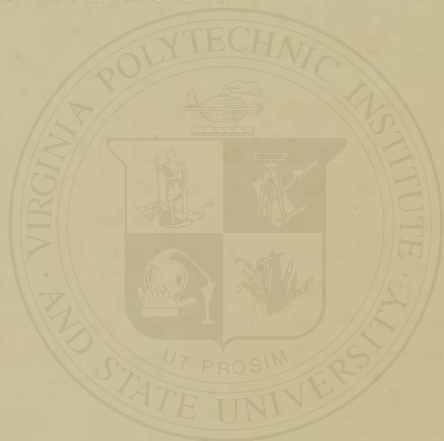
270.—Oyster Patties.

Provide as many oysters as you want; take off the beards, cut them into small pieces, and put them in a saucepan with a little nutmeg, white pepper, and salt to your taste; simmer the whole a few minutes with a little of the oyster liquor and a bit of butter; then sheet the pans with tart paste, put in each of them a piece of bread and cover with the best puff paste; cut them neatly round the edges, run a sharp-pointed knife round between the rim and the top, and wash them over with yolk of egg and a little water; bake them in a moderate oven,

and when baked take off the tops and take out the bread; fill up with the oysters and serve. These patties should be baked in tins the shape of an oyster.

271.—Lobster Patties.

Boil a lobster and take out the gut, which lies on the top of the tail; cut it small and season it to your taste with white pepper, salt, nutmeg, and cayenne pepper; add to it a little good veal gravy; bake the crust as before directed for oyster patties and then fill and serve.



XII. POULTRY AND GAME.

272.—Directions for Dressing Poultry.

All poultry should be nicely picked, every plug removed, and the hair nicely singed with white paper.

Fowls for boiling should have the legs put under the wing and "shut"—that is, bent inwards and tucked into the belly. For roasting, the legs should be left out and skewered down. In drawing poultry of all sorts the cook must be careful *not to break the gall bag*, for no washing will take away the bitterness of the gall where it has touched.

In dressing wild fowl be careful to keep a clear, brisk fire, and let them be done a fine yellow brown, but leave the gravy in. The fine flavour is lost if the birds are done too much.

273.—To roast Fowls and other Poultry.

Game fowls require more roasting, and are longer in heating through than wild fowls. Fowls of all kinds, when roasting, should be continually basted till nearly ready; then dust them with flour, that they may be served with a froth and appear of a fine colour. The fire must be very quick and clear before the fowls are put down.

Time for Roasting.—Time for roasting a large fowl, three quarters of an hour; a middling-sized one, half an hour; and

a very small one, or a chicken, twenty minutes. A capon will take from half an hour to thirty-five minutes; a goose, an hour; wild duck, a quarter of an hour; pheasants, twenty minutes; small stuffed turkey, an hour and a quarter; turkey poul, twenty minutes; grouse, a quarter of an hour; quails, ten minutes; and partridges, from twenty to twenty-five minutes. A hare will take nearly an hour.

Geese require a brisk fire and quick turning; hares and rabbits must be well attended to, and the extremities brought to the quick part of the fire to be equally done with the backs.

274.—To boil a Turkey.

First cut a slit in the back of the neck; fill it with crumbs of bread, mixed with a bit of butter, the yolk of an egg, spice, and a very little milk to moisten it; then sew up the skin, turn the head over the left wing, skewer it, and flour the cloth to boil it in. Have ready a little melted butter for sauce; take a little of the gravy the bird was boiled in, mix with it a few oysters, and pour the sauce over the turkey before serving.

275.—To roast a Turkey or Fowl.

Prepare the same as in the foregoing recipe, and baste the bird well with butter; boil the heart, liver, &c., in a little water for gravy, and pour a little of the dripping over the feet before serving.

A *Fowl* is roasted in the same manner as a turkey.

276.—To boil Fowls.

Pick them nicely, singe, wash, and truss them; flour them, and put them into boiling water. A young chicken will take twenty minutes, and larger fowls—according to size—from that time to thirty-five minutes. Serve with parsley and butter and oyster or liver sauce.

If for dinner, ham, tongue, or bacon is usually served with fowls. Chickens, either roasted or boiled, should have no stuffing. The heads of chickens should be retained, but with fowls the heads are taken off.

277.—To roast Ducks.

Cut off the legs and half of the wings ; stuff them with sage, and a bit of butter, pepper, and salt ; skewer them nicely with small wire skewers (with which *all poultry* should be done). Boil the tip of the wings, gizzard, and liver for gravy ; baste them with butter, dust them with flour, like other poultry, and roast of a nice light brown. Some cooks retain the legs, and after toasting and scraping off the outer skin, turn them up the back.

278.—To stew a Duck.

Put it in a stew-pan with a little gravy and a few leaves of sage cut small, and some pepper and salt. Simmer a quarter of an hour, add a little water thickened with flour, skim the liquor well, then cover up close, and let the bird simmer an hour.

279.—To roast a Goose.

After it has been carefully picked, the plugs of the feathers pulled out, and the hairs carefully singed, let it be well washed and dried, and a seasoning of pepper and salt put in. Cut the wings like a duck, take off the legs, fasten the goose tight at the neck and rump, and then roast. Put it at first at a distance from the fire, and by degrees draw it nearer ; baste it well, and be careful to serve it before the breast fall, or it will look ill if it come flat to the table. Let a good gravy be sent in the dish. Apple-sauce should also be sent to the table with it, or if a green goose gooseberry-sauce is better.

280.—Giblets.

Giblets make a very nice dish. Set them on with water thickened with flour, and a little pepper and salt, and let them stew slowly for some hours.

281.—To stew Pigeons.

Take care that they are quite fresh, carefully cropped, drawn, and washed, and then soak them half an hour in water; take off the head and neck, but leave the skin to cover the place. Put a bit of butter in the breast of each, truss them like a fowl for boiling, season them with pepper and salt, and shut them close, turning the breast downwards in the stew-pan; thicken the gravy made of the necks and pinions with flour, and let them stew slowly for about an hour or more. Turn the breast up when sent to the table.

282.—To roast Pigeons.

These should be stuffed with parsley, either cut or whole, and seasoned within. Serve with parsley and butter. Peas or asparagus should be sent to table with them.

283.—Directions for dressing Game.

Game should not be thrown away because it is apparently spoilt, for after being well washed and seasoned, and either stewed with a rich gravy or roasted, it will be found very delicate.

284.—Pheasants and Partridges.

They are roasted like any other fowl, but without stuffing; a slice of toasted bread should be placed under each when half roasted, to catch the dripping, and sent to table on dish under them; though some persons prefer them without the bread, but with a little gravy in which bread has been boiled.

285.—Grouse.

Roast them like fowls, but in dressing the head should be twisted under the wing. They must not be overdone. Serve with a rich gravy in the dish and bread sauce.

286.—To roast Wild Fowl.

The flavour is best preserved without stuffing, but pepper, salt, and a piece of butter may be put into each before roasting. Wild fowl require much less dressing than tame. Put an onion, salt, and hot water into the dripping-pan, and baste them for the first ten minutes with this, then take away the pan and baste with a little butter.

They should be served of a fine colour, and well frothed up, and a rich brown gravy should be sent in the dish.

When the breast is first cut, a squeeze of a lemon is a great improvement to the flavour, to take off the fishy taste which wild fowl sometimes have.

287.—Wild Ducks.

Before roasting they should be well washed with salt and water, to take off the fishy taste, and with the same object a lemon may be squeezed over the breast when cut on the table.

288.—Woodcocks, Snipes, and Quails.

Roast them without drawing, and serve them on toast, butter may be eaten with them, as gravy takes off the flavour. The thigh and the back are esteemed the best.

289.—Guinea and Pea Fowls.

These will be found to eat much like pheasants, and may be dressed in the same way.

290.—To roast Hare.

Let it be extremely well washed and soaked for an hour or two in water, and put a large relishing stuffing into the belly. For stuffing use the liver, a little sweet herbs, pepper, salt, nutmeg, a little onion, crumbs of bread, and an egg to bind it; then sew up and run the spit straight through the mouth, and skewer the legs, so that it may lie upon them when on the dish. Serve with a fine froth and rich gravy, and a sauce-boat of melted currant jelly.

291.—Broiled and Hashed Hare.

The flavour of broiled hare is very fine. The legs must be seasoned first, and rubbed with cold butter, and served very hot. The other parts, warmed with gravy and a little stuffing, may be served separately.

292.—Stewed Rabbits.

The rabbits must be well washed, and after lying some time in water, should have a cupful of vinegar poured over them, and allowed to lie all night to take off the oily taste; then brown a little dripping, put in the rabbits, either whole or cut in pieces, nicely dusted with flour, and stew till tender. A young rabbit will do in an hour and a half, but an old one will take a great deal longer.

293.—Roasted Rabbits.

The rabbits should be prepared with stuffing and gravy, like a hare, or they may be done without stuffing; serve with sauce of the liver and parsley chopped in melted butter, with pepper and salt.

XIII. ORNAMENTAL BUTTER-WORK.

Your butter must be tough, waxy, and as white as possible : old firkin butter is best, made from poor land ; for this kind of work, wash it well in cold spring water, then work it on a marble slab, and put it again into fresh spring water ; as the water gets warm remove it for cold.

294.—To Ornament a Tongue as a Dolphin.

Boil an ox tongue and lay it straight, except the tip end, which you must bend a little ; when cold pare it neatly, and fix it upright upon a dish with a bit of butter ; then model butter in the shape of the head and mouth of a dolphin, and fix it to the thick part of the tongue ; make also the fins, eyes, teeth, &c., after which model a tail and fix it to the tip end ; vein it neatly with a very small pointed skewer, and fix two currants in the proper place for the eyes. You must use small skewers to fix the butter.

295.—To Ornament a Tongue with Flowers.

Boil a tongue and lay it in a small hair sieve ; when cold pare it neatly and set it on your dish ; force butter through the squirt ; run some of the wires on the tongue to represent the stalk, and place leaves on each side ; model rosebuds and

roses—or any other sort of flowers your fancy directs—and fix them in different parts of the tongue. This will make a neat supper dish if well executed.

296.—To Ornament Potted Meat as a Hen and Chickens.

Turn your potted meat out of oval pots ; put two together, and cut the edges of each to the shape of the body of the hen ; then cover over with plain butter, after which model the head and tail ; place a chicken on each side and partly cover with the hen's wings ; on the hen's back place a chicken, and set one or two also on the dish.

This will make a handsome device, if well executed.

297.—To Ornament a Pie as a Lion.

Make a small raised pie of oval shape ; when cold cover it with plain butter, then model a lion's head, breast, &c., and place them at one end of the pie ; make it very handsome with combed butter (which you may do with a large needle), to represent the hair ; then form the body, tail, and legs, which a little practice will enable you to do very soon.

This dish, also, if well executed, will have a really grand appearance. For variety, you may place a lamb between the fore-feet of the lion.

298.—To Ornament Hams.

Cut and pare a boiled ham neatly, particularly at the shank ; model the device for it and put it into cold spring water ; when properly stiff, take it out, lay it on a board, smooth, and finish your work, and set it up on each side or in the front of the ham. You may then place round the ham single and double loops in butter forced through the squirt, or you may

place any ornament you please on the top—such as flowers; or if you are employed in a gentleman's family his crest or coat-of-arms. The devices commonly used on hams are the Queen's arms, the Prince of Wales's arms, names, counties, or places, John Bull, Buonaparte, or the like, a boar's head with an orange in his tusk, fox and geese, a sheep-fold, &c., &c., as fancy may direct.



XIV. SUNDRIES FOR CONFECTIONERS.

299.—To Clarify Sugar.

After seeing that the pan to be used is perfectly clean and bright, whisk 2 whites of eggs in 1 pint of water, break 30 lbs. of good lump sugar into small pieces, and put it into the pan; pour over it 6 quarts of water, set it on a clear fire or stove to melt, but be careful that it does not blubber and boil before it is melted; when you perceive it rise it is then boiling and must be stopped immediately by putting in 1 pint of water; when it rises again add the same quantity of water, and so on for two or three times; this will prevent the scum from boiling into the sugar and make it rise to the top; draw the pan to one side of the fire and take all the scum off, then let it continue to simmer, adding a little water from time to time to make the remaining part of the scum rise. By this time the scum will be very white and tough, which also take off. If the sugar appears clear, dip in your finger, and if a drop hang from it the sugar is now of the "first degree" called "smooth," and may be put by for use.

You may clarify a much smaller quantity of sugar by carefully attending to these instructions.

300.—To Test the Purity of Essence of Lemon.

This oil is more frequently found adulterated than almost any other composition, and it is the more unpleasant as it is

often found to be adulterated with sweet oil and sometimes with turpentine. A very simple test is to dip a piece of white blotting paper into the essence and hold it before a gentle fire ; you will soon detect the turpentine by the smell. To test adulteration with sweet oil, dip in a piece of paper and dry it in front of the fire ; if this dries greasy, the essence is not pure. The pure essence of fresh lemon would leave no stain on the paper.

301.—Eclairs.

Take 1 pint of water, 6 ozs. of butter, 14 ozs. of flour, 11 eggs ; put the water and butter into a suitable pan, put it on the stove, and let it boil ; then take it off the stove, stir in the flour with a spatter, add your eggs, and beat it up well : put through a Savoy bag ; shape to your liking, and bake in a sound oven ; after baking fill with cream, and cover them over the top with chocolate glaze.

302.—Petits Choux.

Put half a pint of water in a good-sized stew-pan ; add $\frac{1}{4}$ lb. of good butter, a little salt, and 2 ozs. of castor sugar ; when this comes to a boil add 6 ozs. of finely-sifted flour, well stirred ; then put in 4 eggs, one at a time, and add a little essence of vanilla (your paste should now be soft and clear) ; take a bag and tube that are used for Savoy biscuits, lay them out about the size of a large walnut on clean buttered tins, wash over with egg, and bake in a moderate oven ; let them be well baked, and when they are cold take the point of a sharp knife and cut round the top, fill them with cream, placing a little water-icing on each, with a few chopped pistachios.

303.—Lemon Drops.

Provide a small basin of good icing ; add to it 4 ozs. of Valentia almonds, beat fine with white of egg and work it well to-

gether; then add a little essence of lemon, or the rind of a lemon finely grated; you may make the drops of two or three colours—lay them out on wafer paper, and bake in a very slow
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304.—Lemonade.

Cut 3 lemons into thin slices, put them in a basin or bowl and add $\frac{1}{2}$ lb. of castor sugar; bruise all together, add a gallon of water, stir well, and it is then ready.

305.—Currant and Raspberry Summer Drink.

Take 1 lb. of red currants bruised, with some raspberries, $\frac{1}{2}$ lb. of sugar, and add a gallon of cold water; stir well, allow the liquor to settle, and then bottle.

306.—Mulberry Summer Drink.

This may be made the same way as the above, only adding a little lemon peel.

307.—Ginger Pop.

Take 15 gallons of water, put in 8 ozs. of ginger, and boil for half an hour; then add 10 pints of clarified sugar, let it boil ten minutes longer, take off the scum, and put the liquor into a cooler, and let it stand until "new milk" warm; then cask it, putting into the cask the rinds and juice of 15 lemons, $\frac{1}{2}$ oz. of isinglass, previously dissolved in a pint of warm water, one bottle of brandy, and two tablespoonfuls of good yeast; bung up the cask and set it in a cool cellar for ten days, when it will be ready to bottle. It must be strained carefully, and must be bottled in stone bottles corked with the best corks, with a wire tied over them.

INDEX.

| | PAGE | | PAGE |
|-----------------------------------|------|--------------------------------------|------|
| A DULTERATION, Question of | 4 | Biscuits, Cinnamon | 22 |
| Albert Cakes | 32 | Cream | 25 |
| Almond Cheese Cakes | 34 | Digestive | 21 |
| Almond Custards | 52 | Lemon | 23 |
| Filberts | 27 | Lily | 28 |
| Icing for Bride Cakes | 81 | Naples | 25 |
| Simnel Cakes | 41 | Orange | 23 |
| Almonds, Recipes for | 27 | Pavilion | 22 |
| American Condums | 11 | Princess | 26 |
| Fancy Breads | 13 | Rose | 23 |
| Apple Dumpling | 48 | Syringe | 23 |
| Fritters | 50 | Thick Digestive | 22 |
| Pie | 46 | Wine | 22 |
| Creamed | 46 | Blanket or Jam Dumpling | 49 |
| Apricot Ice | 62 | Bordeaux Cakes | 33 |
| from Marmalade | 63 | Bread, Recipes for | 9 |
| Water Ice | 70 | Bread and Butter Pudding | 50 |
| Tart | 48 | Brown Bread Ice Cream | 66 |
| B ACON HAM, to Salt | 88 | Buns, Recipes for | 18 |
| Baked Custard | 53 | Bath | 18 |
| Paste for | 53 | Chelsea | 18 |
| Baking Cakes, Instructions for | 29 | German | 18 |
| Barberry Ice | 64 | London | 18 |
| from Marmalade | 64 | Lumley | 20 |
| Water Ice | 69 | Swiss | 20 |
| Baskets, Ornamental | 80 | Switchback | 20 |
| Beef Ham, to Salt | 88 | Burnt Almond Ice | 66 |
| Joints of | 82 | Filbert Ice | 66 |
| Steak Pie | 90 | Bury Simnels | 41 |
| Steaks | 83 | Butter-Making, Proper Conditions for | 3 |
| Stewed in Slices | 83 | Work, Ornamental, Recipes | |
| Biscuit Ice | 65 | for | 99 |
| Biscuits, Recipes for | 21 | C AKE-MAKING Machinery | 29 |
| Abernethy | 22 | Cakes, Baking | 29 |
| Aquarium | 21 | Piping | 81 |
| Butter | 25 | Cakes, Recipes for | 29 |
| Charcoal | 21 | Albert | 32 |

| | PAGE | | PAGE |
|--------------------------------------|------------|-------------------------------------|--------|
| Cakes, American Genoa | 31 | Diet Bread | 9 |
| — Bordeaux | 33 | Digestive Biscuits | 21 |
| — Cheese | 34, 35, 36 | Dough, How to Mix it... | 6 |
| — Cherry | 43 | Dressing Game, Directions for | 96 |
| — Cocoa-nut | 30 | Ducks, to Roast... | 95 |
| — Creaming | 30 | — Stewed | 95 |
| — Eccles | 19, 38 | — Wild | 97 |
| — Fat... | 40 | Dumpling, Apple | 48 |
| — Genoa | 33 | — Jam, or Blanket | 49 |
| — Girdle | 39 | — Lemon | 51 |
| — Lunch | 32 | — Suet | 51 |
| — Madeira | 30 | | |
| — Nelson | 38 | E CCLES Cakes | 19, 38 |
| — Oatmeal | 40 | — Eclairs | 103 |
| — Ornaments for | 76 | — Eggs, Composition of | 1 |
| — Plum | 31, 32 | Eggs, Preserving | 2 |
| — Princess Beatrice | 41 | Essence of Lemon, to Test Purity of | 102 |
| — Queen | 33, 34 | | |
| — Rice | 31, 32 | F AT Cakes | 40 |
| — Seed | 31 | — Fish Pond or Corner Dish | 73 |
| — Sponge, in Pound Tins | 36 | — Flour, Patent | 42 |
| — in Shapes | 37 | Fowls, to Boil | 94 |
| — Stale, Improvement of | 33 | — to Roast... | 93 |
| — Sultana | 34 | Freezing Tub | 59 |
| Calf's-foot Jelly | 72 | French Bread | 11 |
| Calf's Head, to Dress | 86 | — Pastry | 55 |
| Cheese Cakes | 34, 35, 36 | — Rolls | 11 |
| Cherry Cake | 43 | — Shortbread | 44 |
| China Orange Water Ice | 70 | — Yeast | 5 |
| Chocolate Ice Cream | 67 | | |
| Cinnamon Rusks | 25 | G AME, Dressing | 96 |
| Citron Cheese Cakes | 35 | — Recipes for | 93 |
| Cocoa-nut Cakes | 30 | — Genoa Cake | 33 |
| Coffee Ice Cream | 67 | German Buns | 18 |
| Collops, or Minced Meat | 83 | — Yeast | 5 |
| — Scotch | 84 | Giblet Pie | 90 |
| Condums, American | 11 | Giblets | 96 |
| Confectioners' Sundries, Recipes for | 102 | Ginger Fingers | 43 |
| Corner Dish, or Fish Pond | 73 | — Ice | 65 |
| Coventry Cakes | 38 | — Nuts | 43 |
| Cow's Head, to Dress | 84 | — Pop | 104 |
| Cream, to Whip... | 51 | Gingerbread | 43 |
| Creaming Cakes | 30 | Girdle Cakes | 39 |
| Crumpets | 15 | — Scones | 39 |
| Currant Fritters | 50 | Gold Jelly | 73 |
| — Pie | 47 | Goose, to Roast a | 95 |
| — and Raspberry | Summer | — Pie, Paste for | 91 |
| Drinks | 104 | Gooseberry Pie | 47 |
| Currant Water Ice | 69 | — Green, Water Ice | 70 |
| Custard Cups | 80 | — Red, Water Ice | 70 |
| Custards, Recipes for | 52 | Graham Bread | 13 |
| | | Greengage Ice | 63 |
| D AMSON Ice | 64 | Grouse | 97 |
| — from Marmalade | 64 | Guinea Fowls | 97 |
| Damson Water Ice | 70 | Gum Paste | 75 |

| | PAGE | | PAGE |
|--|--------|--|--------|
| H AGGIS, Scotch | 88 | Minced Meat or Collops | 83 |
| Hams, to Salt | 88 | Mince-meat | 47 |
| — to Ornament | 100 | Morella Cherry Water Ice | 70 |
| Hare, Broiled | 98 | Muffins | 14, 15 |
| — Hashed | 98 | Mulberry Summer Drink | 104 |
| — Roast | 98 | — Water Ice | 71 |
| Hartshorn Jelly... .. | 74 | Mutton Chops | 84 |
| Hedgehog, to Make a | 56 | — Hash | 84 |
| Household Bread | 9 | — Ham, to Salt | 88 |
| | | — Joints of | 84 |
| | | — Pie | 90 |
| I CE CREAMS, Recipes for | 62 | N APLES Biscuits | 25 |
| — Putting into Moulds | 61 | Nectarine Water Ice | 71 |
| Ice House, Building an | 57 | Nelson or Eccles Cake | 38 |
| Ice House, Filling | 58 | O AT CAKES, Scotch | 39 |
| Ices, to Freeze | 60 | Oatmeal Cakes | 40 |
| Icing Tarts | 46 | — Pudding | 50 |
| — for Cakes, Biscuits, &c. | 80 | Old English Bread | 12 |
| Imperials | 24 | Orange Cheese Cakes | 35 |
| Indian Bread | 13 | — Custard | 52 |
| Italian Swiss Roll | 36 | — Jelly | 74 |
| | | — Water Ice | 69 |
| J AM Dumpling | 49 | Ornamental Butter-Work, Recipes | |
| Jellies, Recipes for | 72 | for | 99 |
| Joints and Meat Dishes, Re- | | Ornamental Sugar-Work, Recipes for | 75 |
| cipes for | 82 | Oyster Patties | 91 |
| L AMB | 87 | P ANCAKES | 49 |
| — Cutlets | 87 | — Berlin | 19 |
| Lamb's Head | 87 | Parmesan Cheese Ice | 67 |
| Lard for Sponge Cake Tins | 37 | Partridges | 96 |
| Lemon Cheese Cakes | 35 | Paste for Goose Pie | 91 |
| — for ditto | 40 | — Small Raised Pies | 91 |
| — Custards | 52 | Pastry, French | 55 |
| — Drops | 103 | Patent Flour | 42 |
| — Dumplings | 51 | Patisserie d'Amandes à la Condé | 55 |
| — Ice Cream | 64 | Pea Fowls | 97 |
| — Jelly | 74 | Peach Ice | 63 |
| — Water Ice | 69 | — from Marmalade | 63 |
| Lemonade | 104 | — Water Ice | 71 |
| Lily Biscuits | 28 | Petits Choux | 103 |
| Lobster Patties | 92 | Pheasants | 96 |
| Lunch Cakes | 32 | Pies, Fruit, Recipes for | 46 |
| | | — Meat, Recipes for | 90 |
| M ACARONI Pudding | 49, 50 | Pig, Sucking, to Roast | 87 |
| Macaroons | 26 | Pigeon Pie | 91 |
| Madeira Cake | 30 | — to Roast | 96 |
| Maids of Honour | 42 | — to Stew | 96 |
| Maraschino Jelly | 73 | Pineapple Ice | 68 |
| Marrow Pastry | 49 | — from Marmalade | 68 |
| Meat Dishes, Recipes for | 82 | — Water Ice | 71 |
| — Pies, Recipes for | 90 | Piping Cakes | 81 |
| Melon Ice Cream | 68 | — Meringue, Mixture for | 24 |
| Meringues | 23 | Pistachio Ice | 65 |
| — Mixture for Piping | 24 | | |
| Milk Bread | 10 | | |
| Mince Pie | 47 | | |

| | PAGE | | PAGE |
|--|--------|---|------|
| Plum Cake | 31, 32 | Seville Orange Ice | 68 |
| Pork, Joints of | 86 | Seville Orange Ice from Marmalade | 68 |
| — Steaks | 86 | Shortbread, English | 44 |
| Poultry, Recipes for | 93 | — French | 44 |
| — to Dress | 93 | — Scotch | 44 |
| — to Roast | 93 | Silver Jelly | 73 |
| Pound Cheese Cakes, inside Mix- ture for | 33 | Snow Cake | 45 |
| Prince of Wales Ice | 65 | Sponge Cakes in Pound Tins | 36 |
| Princess Beatrice Cakes | 41 | — in Shapes | 37 |
| Princess Biscuits | 26 | — to Ornament | 37 |
| Prunella Ice | 67 | — Tins, Lard for | 37 |
| Puddings, Recipes for | 46 | Stale Cakes, Improvement of | 33 |
| Puff Paste | 53, 54 | Strawberry Ice Cream | 62 |
| — Pyramid in | 54 | — from Jam | 62 |
| Q UEEN Cakes | 34 | — Water Ice | 69 |
| — Best | 33 | Sugar, to Clarify | 102 |
| Queen's Bread | 11 | — Varieties of | 4 |
| R ABBITS, Roasted | 98 | — Work, Ornamental, Recipes for | 75 |
| — Stewed | 98 | Sultana Cakes | 34 |
| Raspberry Ice | 62 | Summer Drinks | 104 |
| Raspberry Ice from Jam | 62 | Sundries for Confectioners, Recipes for | 102 |
| — Water Ice | 60 | Swiss Tarts | 55 |
| Ratafias | 26, 27 | T ART PASTE, Crisp | 54 |
| Red Currant Ice | 63 | — Sweet | 55 |
| Rhubarb Pie | 47 | Tartlet, to Make a Handsome | 54 |
| Rice Cake | 11, 32 | Tea Cakes, Recipes for | 17 |
| — Cheese Cakes | 35 | — Ice Cream | 67 |
| — Pudding | 59 | Tongues, to Cure | 89 |
| — Sponge | 38 | — to Ornament | 99 |
| Rock Almonds, Brown | 28 | Travellers' Bread | 13 |
| — Pink | 28 | Trifle | 51 |
| — White | 27 | Turkey, to Boil a | 94 |
| Rolls for Breakfast | 10 | — Roast | 94 |
| — French | 11 | V EAL | 85 |
| — Viennese | 10 | — Cutlets | 85 |
| Round, to Stew a | 83 | — Pie | 90 |
| Royal Hearts | 28 | Veal, to Stew | 85 |
| — Ice Cream | 65 | — Stuffing for | 85 |
| Rusks | 24 | Vegetables, to Boil Green | 89 |
| — Cinnamon | 25 | Vermicelli Pudding | 50 |
| Russian Tea Cakes | 17 | Vienna Bread | 12 |
| Rye Bread | 9 | Viennese Rolls | 10 |
| S ALLY Lunns | 17 | W ATER ICES, Recipes for | 69 |
| Savoy Cakes in shapes | 37 | — Whole Meal Bread | 9 |
| — to Ornament | 37 | — Wild Fowl, to Roast | 97 |
| Scotch Cake | 38 | Winesour Water Ice | 69 |
| — Haggis | 88 | Y EAST, French and German | 5 |
| — Oat Cake | 39 | | |
| — Scones | 19 | | |
| Sea-Foam Flour | 45 | | |
| Seed Cake | 31 | | |

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
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
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