



COOKERY FOR THE LANCASHIRE OPERATIVES.

BY AN ENGLISHMAN. 1863.

PEAS SOUP FOR EIGHT PERSONS.

Three pounds of any kind of meat, either leg of beef, scrag end of neck of mutton, or any part of pickled pork; cut up the meat into square quarter of a pound pieces, and put them into a gallon-sized pot with three pints of split-peas, which must have been soaked over night; add three carrots, four onions, and two heads of celery, all chopped small; season with a little pepper, and a large tablespoonful of salt, and a good sprig of thyme and some dried mint (if salt pork be used, omit the salt); fill up the pot with cold water, and set the whole to boil very gently for about four hours, skimming the soup occasionally as it boils by the side of the fire; and remember that the peas, etc., must be stirred up from the bottom of the pot now and then while the soup is boiling, as otherwise they are liable to stick to the bottom and become burnt; this accident would render the soup unpalatable and spoil it. When the peas soup has boiled continuously, and very gently, for four hours, it will be ready for use; the pieces of meat may be lifted out upon a dish to be eaten separately. When pot liquor is procurable, the meat may be dispensed with.

SOUP MADE WITH FRESH MEAT BONES.

About six or eight pounds of fresh beef bones, broken up small, and put into a pot capable of containing three and a half gallons of water; set the pot on the fire to boil, taking care to remove all the scum as it rises to the surface; and when the broth has thrown up all its scum, add a small teaspoonful of pepper and a large tablespoonful of salt, a good sprig of thyme, carrots, turnips, onions, or leeks, three of each of these, and two heads of celery; allow the broth to boil very gently for about six hours, and then strain it off into a pan; remove any bits of meat or gristle that may adhere to the bones, and put all such bits with the broth back into the clean pot again; for every pint of this broth, mix a large tablespoonful of either oatmeal or peameal, with just enough cold water to render it liquid and smooth, and then stir this into the broth upon the fire, keeping it gently boiling for about twenty-five minutes, and stirring the soup with a long spoon all the time it remains on the fire; at the end of the twenty-five minutes' boiling it will be ready for use.

RICE MILK.

To one pound of rice, well washed and placed in a saucepan, add one quart of water, a bit of cinnamon or lemon peel, a pinch of salt, and an ounce of butter; put the lid on, and set the whole to boil very gently on the hob, lifting the rice from the bottom occasionally with a spoon; and allow the rice to cook gently until it becomes soft; this will take about an hour and a half; then add three pints of milk, and two ounces of sugar, stir all together over the fire, allowing the rice milk to boil gently for about ten minutes; it will then be ready for breakfast or supper.

SHEEP'S HEAD AND BARLEY BROTH.

Two sheep's heads split in halves and well washed, are to be put into a three-gallon pot, and filled up nearly full with cold water, and set on the fire to boil;

taking care to remove all the scum as it rises, with a spoon; you then add four carrots, as many turnips, leeks, onions, and two heads of celery, all cut or chopped up small; a good sprig of thyme, a teaspoonful of pepper, and a large tablespoonful of salt, and three-quarters of a pound of barley; allow the whole to boil very gently by the side of the hob for at least three hours, and by the end of that time the soup will be sufficiently cooked for use. The meat may be eaten with the soup, or separately.

STEWED OX CHEEK.

Wash the ox cheek thoroughly in several waters, place it in a saucepan or a boiling pot with four quarts of water, set it on the fire, and when it boils, skim it well; add carrots, turnips, onions, a sprig of thyme, six cloves, a good teaspoonful of black pepper, a large tablespoonful of salt, and set the whole on the side of the hob to stew gently for at least four hours; at the end of this time the meat will have become tender, and the liquor should have reduced to rather less than half its original quantity; you now mix four ounces of flour with half a pint of cold water, and stir this into the stew; and after allowing the whole to boil very gently by the side of the hob for another half hour, the stewed ox cheek will be ready for dinner.

OATMEAL PORRIDGE.

Chop two large onions small, and boil them gently in two quarts of milk for five minutes; then mix smoothly half a pint of oatmeal with a pint of cold milk or water, stir this into the milk and onions, add half a tablespoonful of salt and a little pepper; stir the whole while boiling gently on the fire for ten or fifteen minutes longer, and then the porridge will be ready for a good breakfast. If objectionable, the onions may be left out.

COW HEEL SOUP.

Place a cow heel in a pot with four quarts of water, a pound of rice, six leeks cut small, some chopped

parsley, a sprig of thyme, a small teaspoonful of black pepper, and a good tablespoonful of salt; allow the whole to boil gently by the side of the hob for at least two hours, and you will thus obtain a nutritious and cheap meal.

À-LA-MODE BEEF.

Cut three pounds of leg or shin of beef into square pieces about the size of an egg, fry these with a bit of dripping in a saucepan until they are lightly browned; then shake in four ounces of flour, stir together, add six onions, three carrots cut small, and stir in with these three pints of water; season with a teaspoonful of black pepper, a tablespoonful of salt, and a sprig of thyme; stir the whole over the fire until it boils, and then set the pot by the side of the hob to boil gently for at least two hours and a half, and at the end of that time the *à-la-mode* beef will be ready for dinner.

IRISH STEW.

To three pounds of scrag end of neck of mutton, cut in pieces the size of a large egg, add a good teaspoonful of pepper, a tablespoonful of salt, and just enough water to cover the meat; set the whole to boil gently on the fire for half an hour; then add six onions sliced up, and three or four pounds of peeled potatoes, and again set the pot on the fire to stew gently for about three-quarters of an hour; at the end of this time the Irish stew will be sufficiently cooked.

BAKED PORK.

Use an earthen or a tin dish for this purpose; place an iron trivet in the middle of the dish, fill the bottom with peeled potatoes, sliced onions, and an apple or two; place the piece of fresh pork on the trivet, shake a little bruised dried sage, pepper, and salt, over the pork, and half a pint of water in the dish, and send it to the baker's.

BAKED MEATS IN GENERAL.

Any joint, or piece of either beef, mutton, or veal,

placed upon an iron trivet in a tin or earthen dish, with peeled potatoes under it, and seasoned with pepper and salt, and half a pint of water poured under the meat, and sent to the baker's, will prove a good dinner.

HOW TO STEW RABBITS.

When you have a rabbit at your disposal, cut it up into pieces the size of an egg ; cut up also half a pound of bacon into square pieces the size of a small walnut, fry the pieces of bacon in a saucepan, then add the pieces of rabbit, and as soon as they are fried of a light brown colour, shake in a small handful of flour, and little pepper and salt, and a spoonful of chopped shalot or onion, and parsley ; moisten with half a pint of water, and stew the whole gently on the fire for half an hour.

STEWED HARES.

These may be stewed in the same manner as rabbits, adding double the quantity of seasoning and water, and using six or eight onions whole instead of chopped, as indicated for rabbits. Hares will require to be stewed a longer time than rabbits, say an hour and a half.

PIG'S, OR SHEEP'S PLUCK.

Cut the liver, lights, the heart, and the fat into rather thin slices, roll them in a little flour, and pepper and salt ; fry the pieces of fat first, and take up these as soon as they are done, upon a dish ; and then with the fat that remains in the fryingpan, fry all the other pieces of the pluck which you have already cut in slices, and when all are done brown without being dried up, place these also on the dish with the pieces of fat you fried in the first place ; you now throw some chopped onion and sage with a bit of fat into the fryingpan, and stirring these over the fire until they are fried of a light brown, you then add a good wineglassful of vinegar, a very little water, and some pepper and salt ; boil all this together for five minutes, and pour this gravy over the fried pluck.

FRIED BULLOCK'S KIDNEY.

Cut up the kidney in slices, roll them in flour, and pepper and salt ; cut half a pound of bacon in slices, fry these, and take them up on a dish, then fry the slices of kidney, and put them with the bacon ; next, fry some sliced onions, and as soon as they are done, shake in a little flour, pepper, and salt, moisten this with not quite half a pint of water, and a tablespoonful of vinegar ; boil all this together for five minutes, and pour it over the slices of kidney and bacon.

HOW TO COOK BULLOCK'S OR ANY OTHER LIVER.

Either bullock's, or calf's, or sheep's liver, forms a cheap meal, when cut in slices, rolled in flour, and pepper and salt, and fried with a little butter, lard, or dripping ; chopped parsley and onions may be used for seasoning, instead of sliced onions, as indicated for bullock's kidney.

HOW TO FRY FISH.

Draw out the guts, then wash and wipe the fish dry ; next rub it all over with flour ; you then put a piece of hog's lard, the size of an egg, in a frying-pan, and set it on the fire, and as soon as the lard has become quite hot, place the fish in it, and fry the fish first on one side, and then on the other side, and when it is done quite through, take it up on a dish, and sprinkle a little pepper and salt over it. Fish may also be fried in a little salad oil, instead of lard.

BAKED FISH.

Draw the guts, wash, and wipe the fish, and cut away the fins ; next, spread a little butter on the bottom of an earthen, or tin dish, shake over this some chopped parsley, onion, pepper and salt, and some raspings of bread (these are always to be had for a penny at all bakers' shops), lay the fish on this

seasoning, then pour half a gill of vinegar upon the fish, repeat the seasoning and the raspings all over the top of the fish, place some bits of butter over all, and send the fish to be baked at a baker's.

Some well boiled potatoes will add to the substance of this cheap and savoury meal.

PICKLED FISH.

Mackerel, herrings, or sprats, do well for this purpose; place the fish in an earthen pot and between each layer, or row of fish, season with chopped onion and thyme, black pepper corns, and a little salt; add vinegar just enough to reach nearly up to the top of the fish, and send the pot to the baker's.

MUTTON BROTH.

Cut about three pounds of scrag of mutton into small pieces, and put these in a pot with four quarts of water; set it to boil and skim it well; then add four turnips, four leeks, one head of celery, all chopped small, some chopped parsley, and half a pound of rice, and a sprig of thyme; season with a small tablespoonful of salt, and very little pepper, and when the broth has boiled gently for about two hours, it will be ready for use.

BEEF TEA.

Cut up a pound of lean beef into very small pieces, place these in an earthen pot, or a pipkin, pour a quart of boiling water upon the meat, and set the whole to simmer very slowly on the hob for three-quarters of an hour; when the beef tea is done, strain it off free from any of the meat, add a little salt, and give it to the patient.

HOW TO MAKE GRUEL.

To a tablespoonful of Robinson's Patent Groats add half a gill of cold water, mix these smoothly together, and then pour it into a saucepan containing a pint of

boiling water ; stir the whole over the fire while boiling gently for ten minutes ; pour the gruel out into a basin, add a pinch of salt, and a bit of butter ; or, if more agreeable, instead of the butter and salt, mix in a little sugar and a spoonful of any kind of spirits.

A MEAT PUDDING.

Line a good-sized basin with a suet or a dripping crust, made as shown for the apple-pudding ; and fill the hollow with some small slices of any kind of fresh meat, well seasoned with chopped onion and thyme, pepper and salt ; cover in the meat with the overhanging flaps of paste, tie up the pudding in a cloth, and boil it in a saucepan, containing plenty of boiling water, for at least three hours. The time here named is calculated for a pudding of sufficient quantity for a family of eight persons. Bullock's kidney answers well for this purpose.

A PLAIN RICE PUDDING.

To each quart of milk add six ounces of rice (previously boiled for three minutes in plenty of water), a pinch of salt, one ounce of sugar, a bit of any kind of spice, orange or lemon peel ; mix all together, and then pour the whole into a well-greased pie-dish, and bake the pudding, in moderate heat, for one hour and a half. In case you have no oven, send to the baker's.

CURRENT OR RAISIN PUDDING.

Get two pounds of dough from the baker's, mix this with half a pint of milk, two eggs, a good pinch of allspice, 6oz. of currants or raisins, and a pinch of salt ; tie the whole up in a well-greased and floured cloth, and boil the pudding in plenty of water for at least two hours.

BOILED TRIPE.

Cut the tripe into square pieces, and place them in a saucepan with some peeled onions, pepper and salt, a sprig of thyme, and either skimmed milk, or milk and water enough to swim the whole; and boil the tripe, thus prepared, for about one hour and a half, and then eat it with mustard, and some well-boiled potatoes.

BAKED TRIPE.

Cut the tripe in pieces, place them in an earthen pot with plenty of sliced onions, a good sprig of thyme, a few peppercorns, and salt enough to season; moisten the whole with just enough ale, or cyder, or vinegar and water, and bake or stew the tripe for one hour and a half.

HASHED MEATS.

Chop a couple of onions fine, and place them in a saucepan with a pint of water, pepper and salt, and boil all this sharply for ten minutes; then throw in the meat which had been previously cut up in thin slices, and floured over with a good tablespoonful of flour; stir all together while the hash boils on the fire for another ten minutes, and then pour it out into a deep dish containing slices of toasted bread. Let it be understood that the meat must have been already cooked.

WEAVER'S PUDDING

Consists of any kind of meat previously cooked, and hashed as shown in the foregoing article, and afterwards placed in a deep tin, or earthen baking dish, and covered in with some well mashed potatoes in the same manner as you would cover an ordinary meat-pie with paste; you then bake it, or, if you have no oven, in that case you can brown the potato crust before the fire.

ROLLED TREACLE PUDDING.

Two pounds of flour, twelve ounces of chopped suet, or some dripping, a little salt, and a pint of milk or water ; mix all this into a rather firm compact paste, and then, with a rolling pin and some flour, roll the paste out on a table, in the shape and form of a large square sheet of foolscap paper ; and then spread twelve ounces of treacle all over the rolled-out paste, and roll it up in the shape of a bolster ; next roll this up in a cloth previously greased and floured, and boil the pudding in plenty of boiling water for at least two hours.

APPLE PUDDING.

Mix one pound and a half of flour, and half a pound of chopped suet with a little salt, and three gills of water, into a firm smooth paste ; roll this paste out to the thickness of a quarter of an inch, and line a greased basin with it, fill the pudding with peeled and sliced apples, a few cloves, a bit of butter, and four ounces of moist sugar ; gather up the overhanging flaps of paste which surround the edges of the pudding basin, and twist them closely together so as to enclose the apples ; tie the basin up in a cloth, and boil the pudding for two hours at least.

COW'S HEAD SOUP.

First, remember to well wash, and parboil the halves of the cow's head in plenty of water for twenty minutes ; next, place the cow's head in a sufficiently large pot to hold about four gallons ; add a plentiful supply of cleaned carrots, celery, onions, leeks, turnips, some thyme, two quarts of *soaked* peas, pepper and salt to season, and fill up the pot with cold water ; boil the soup very gently for four hours at least, taking care to skim it occasionally. The meat, and the larger pieces of vegetables, may be eaten separately.

POTATO SOUP.

Peel and slice up two pounds of potatoes and six onions, and place these in a pot with about five pints of water, two ounces of dripping, or else a small piece of bacon cut up into small pieces ; season with pepper and salt, and set the whole to boil gently on the fire for about an hour, taking care to stir the stew frequently from the bottom to prevent it from burning.

HOW TO COOK LING, OR DRIED SALT FISH.

This kind of food is always to be bought cheap ; remember, that, in order to render it digestible and nutritious, it is important that you should take care to *soak* the dried ling overnight in plenty of water, and that the water should be changed the first thing in the morning. And thus, the fish having been *soaked*, put it on in plenty of *fresh* cold water to boil very gently until it is done through, and then remove it from the water upon a dish. Some parsnips may be boiled with the ling, or separately in another saucepan.

Mix two tablespoonfuls of flour with half a pint of water, and half a gill of vinegar ; to this add a piece of butter, and pinch of pepper and salt, and stir all together on the fire till it boils, and pour this sauce over the fish ; a couple of hard-boiled eggs, chopped, may be added.

VEGETABLE PORRIDGE.

Procure carrots, parsnips, turnips, celery, leeks, and onions ; thinly peel—or scrape—and wash them clean, and then slice all these up into thin shavings, and place them in a pot with a good-sized white-heart cabbage, or a red cabbage, also shred small ; add a piece of fat bacon, dripping, or salt butter, a good sprig of thyme, some parsley, pepper and salt ; and water in the proportion of two quarts of water to every pound of vegetables ; set the whole to stew very gently over

the fire for two hours, stirring the soup frequently while it is being cooked. Some small dumplings, made either with flour and milk, or flour and water, may be dropped separately into the soup during its last half hour's boiling.

A FEW WORDS ON AMERICAN DRIED PROVISIONS.

It appears that American salt and dried provisions are now to be had at unusually low prices; I would consequently point out the advisability of your availing yourselves of the benefit of this cheap market; and bear in mind that all such provisions are well adapted for preparing all the soups and stews set forth in these recipes; always taking care to *soak* the salt or dried meats first, for six hours before using them for food.

PUDDING MADE WITH CRUSTS OF BREAD.

Any crusts—or pieces of dry bread—scalded with just enough *boiling* water to soak them, to which add two eggs, a pinch of salt, a little moist sugar, a few currants or raisins, a bit of chopped lemon peel, and a pint of milk—or a quart—according to the quantity of bread; stir all well together, and pour it into a greased pie dish, and send the pudding to the baker's.

POTATO AND BACON PIE.

Place four chopped onions, three pounds of peeled and sliced potatoes, in a saucepan with just water enough barely to reach up to the top of the potatoes; season with pepper, and *no salt*; allow the whole to boil gently on the fire until the potatoes are well done, and then stir altogether into a mash. A pound of fat bacon must have been boiled in a separate pot, and afterwards cut in slices—and these are to be placed in alternate layers with the potato mash, in a greased pie dish, and sent to the baker's.

MEAT AND BATTER PUDDING.

When you can buy a few bits of meat cuttings, fry them brown with a bit of butter, and pepper and salt; and when done, pour the whole into a pie dish containing the following batter :—Mix one pound of flour with two eggs, a quart of skim milk, and a good pinch of salt, and when it has been worked quite smooth, pour it into the pie dish, ready for the fried meat, and send the pudding to the baker's. Any kind of meat, such as beef, mutton, pork, heart, liver, or kidney, &c., will suit this purpose.

COLE CANNON.

Boil some cabbage in plenty of water with a little salt; and when they are well boiled, *drain* them *free* from *any water*; chop up the boiled cabbage, and season it with pepper and salt. You next fry some pieces, or slices, of bacon, and when these are fried, add the chopped cabbage, and stir altogether until the whole is quite hot. A comparatively small quantity of this, and some well-boiled potatoes, would produce a cheap and satisfying meal. Any kind of cooked meat will suit this purpose; when salt beef is used, this dish is then called Bubble and Squeak.

LEEK BROTH.

If you are so fortunate as to possess an old hen, or a rabbit, cut either up into pieces the size of an egg, or leave them whole, and put them on to boil in a gallon of water for (if an old cock) at least an hour and a half, skimming the pot occasionally; then add a good quantity of well-washed leeks cut in pieces an inch long; add a pound of rice, some pepper and salt, and a sprig of thyme, and allow the whole to boil very gently on the side of the fire for another hour and a half.

CABBAGE HODGEPODGE.

Pare away the rust from the outside of a piece of bacon, and put it to boil in a pot containing a gallon of water; when it has boiled about half an hour, put in some clean cabbages cut in quarters, a head of celery, three parsnips, and two carrots scraped and cut small; season with pepper, *no salt*, as the bacon contains salt enough to season the soup; and when the soup has boiled for about an hour and a half, take up the bacon with some of the cabbage, on a dish, to be eaten after the soup; the soup may be thickened with some boiled potatoes or pieces of bread.

MILK PORRIDGE, OR THICK MILK.

A pint of milk mixed with a good tablespoonful of flour, and stirred continuously while boiling for ten minutes on the fire, seasoned with a little salt, and eaten with a boiled potato, or some bread, forms a good and cheap meal. Either skim milk or butter-milk will answer for this purpose.

ONION SOUP.

Chop two onions fine, and fry them with a bit of butter, or dripping, in a saucepan; shake in a good tablespoonful of flour, moisten with a quart of water, season with pepper and salt; stir the soup while boiling on the fire for ten minutes, and pour the soup into a bowl containing some slices of toasted bread.

POTATO PORRIDGE.

Chop four onions, and place them in a pot with some small pieces of bacon, pepper, and three quarts of water; and when this has boiled for a quarter of an hour, add two pounds of peeled and sliced potatoes; set the whole to boil gently on the fire for three quarters of an hour, stirring the soup occasionally while it boils, and when done, eat it with bread.

LING AND POTATOES.

Soak the ling in lukewarm water for six hours at least; throw this water away, and boil the ling in plenty of *cold* water until done through, and then drain it free from water; have ready some well-boiled potatoes, mash them up with pepper and salt, and a bit of butter or dripping, and then mix the boiled ling in with this. Some well-boiled parsnips would form an agreeable addition.

FRIED EGGS AND BACON.

Fry some rashers of bacon in a pan, and when these are done, remove them on to a dish; next, break the eggs without disturbing the yolks into the fat that remains in the frying-pan, and when these are just barely half done, or set, shake them gently out of the pan, upon the fried bacon in the dish.

PLAIN DIRECTIONS FOR BOILING RICE.

Let the rice be soaked in cold water overnight; strain off this water, and then put the rice on to boil in plenty of *cold* water, with a pinch of salt in it; and, while it boils briskly on the fire, let it be occasionally stirred from the bottom of the pot with a spoon; when each grain of rice appears to split at the ends, it will be sufficiently cooked; this will take about an hour's sharp boiling. When done, the rice should be immediately drained *free* from all *water* or *moisture*, and placed in a dish; the addition of dripping, or butter, sugar, boiled or baked fruits, honey, or treacle—of course would add a relish to the meal.

BACON AND PARSNIPS.

One pound of fat bacon, boiled for one hour and a half, with a good supply of well-cleaned parsnips in plenty of water, seasoned with pepper, a sprig of thyme, and a little salt, will furnish a very cheap meal for a large family, especially if boiled potatoes be added thereto.

TO PREPARE OR BOIL COFFEE.

To one ounce of coffee ground, add one and a half pint of water ; mix both well together in a coffee pot or saucepan, and use a clean wooden spoon or stick, to stir the coffee on the fire until it comes to a boil ; you then immediately lift it off, pour in a drop of cold water, give the bottom of the pot a tap on the hob to send the grouts to the bottom of the pot, and allow the coffee to stand for a while in order to give it time to clear itself. The best, and most economical plan is, to make your coffee overnight, ready for the next day's consumption.

IRISH STEW.

Mutton from the neck is the best. Cut the meat off the bones ; put the bones in cold water and stew, say twenty minutes, skim the fat off and take out the bones. Then put in the meat and potatoes, and an onion, pepper and salt, and stew all well together an hour or more. Skim the fat off as much as you can.

POTATO PIE.

Take one or two pounds of beef steak, lay at the bottom of dish, season with pepper and salt, cover up with potatoes to the top of the dish, and lay a paste on the top.

PASTE FOR POTATO PIE AND FRUIT DUMPLINGS.

A quarter of a pound of salt butter or lard to one pound of flour, rolled in an egg well beaten up, and then mixed with half a pint of water will improve and stiffen the paste. If suet is used for paste, it is better rolled than put whole into the flour.

BOILED MUTTON CHOPS.

Cut your mutton into chops ; boil some water with a few bones to make the broth better, if you have any,

say twenty minutes; put the chops into the boiling water with some whole turnips, pepper and salt, and boil three-quarters of an hour; serve in a tureen. Celery and carrots are a nice addition if liked, also a little pearl barley.

STEWED BEEF STEAKS.

Put your steak into an earthen vessel with a close-fitting lid which will keep the steam in; just cover the steak with water, add pepper and salt, and a little butter rubbed in to thicken the gravy. Put it in the oven for an hour and a half to two hours. If an onion be liked, let it be well boiled previously, and then stewed with the above.

OATMEAL AND WATER PORRIDGE.

Boil a quart of water, and when boiling sprinkle the oatmeal into the water, stirring the same time with a wooden spoon until it thickens; let it boil for a few minutes, add a little salt, and serve on soup plates or a dish, eat with treacle, brown sugar and butter, or milk. The coarse Scotch oatmeal is the best for the purpose.

HARD DUMPLINGS.

Mix two pounds of flour with two pints of milk, or water, and a pinch of salt, into a firm, smooth and compact paste;—divide this into twelve equal parts; roll each of these with the hands floured—into balls, and drop them separately into a pot of *boiling* water on the fire, and allow the dumplings to boil rather fast for about forty minutes; at the end of this time they will be done, and may be eaten either with dripping, butter, treacle, sugar, or salt; they are also excellent in peas soup, or, when added to a baked meat dinner.

RED HERRINGS.

It is best always to soak the cheaper sort of red herrings in water, for half an hour before cooking them; they should then be wiped dry with a cloth, split down the back, spread open, and either toasted or broiled—on, or before the fire, for about four minutes; after which, they should be sprinkled over with chopped onions, and a few drops of vinegar, and a little bit of butter, and eaten with boiled potatoes.

RICE BROTH.

Cut one pound of a knuckle of veal into six equal parts,—and put these into a pot with three pints of water, six ounces of rice, a sprig of thyme, a small onion, a little parsley, and salt to season; allow the whole to boil very gently for two hours.

ARROWROOT.

Mix a tablespoonful of arrowroot very smoothly in a teacup with a gill of *cold* water, pour this into a pot containing half a pint of *boiling* water, stir the whole over the fire for about five minutes; sweeten with sugar, or honey; a bit of lemon peel or cinnamon may be boiled in the arrowroot.

OATMEAL GRUEL.

Mix two tablespoonfuls of oatmeal with half a pint of *cold* water, pour this into a pot containing a pint of *boiling* water, stir the gruel over the fire while it is boiling for ten minutes at least; and eat it with salt and a bit of butter, or sweeten with sugar, honey, or treacle.

BARLEY GRUEL.

Mix one piled-up tablespoonful of Robinson and Belleville's prepared Patent Barley, with one gill of *cold* water, and pour this into a pot containing half a pint of boiling water; stir the gruel on the fire, while it boils for ten minutes; sweeten with sugar, or honey, or simply with a pinch of salt.

TO MAKE TOAST AND WATER.

Hold a piece of bread on a fork before the fire until it becomes baked, or, as it is generally termed, toasted, of a *dark* brown colour, without its being at all *burnt*; the piece of toasted bread is then to be immediately dropped into a jug of water which has been previously boiled, and has afterwards been allowed to become partially cold; cover the toast and water over with a saucer, and when the bread has steeped for an hour or so, the toast and water will be ready.

RICE WATER;

A REMEDY IN CASES OF DYSENTERY.

Boil four ounces of rice with one ounce of raisins, in a quart of water, very gently over or by the fire for an hour; and drink of this beverage plentifully and frequently until the complaint is relieved, or, at all events, until the doctor arrives.

BARLEY WATER.

Boil a good tablespoonful of any kind of barley, with a quart of water, for about half an hour; flavour with a bit of lemon-peel, or a bit of cinnamon; a few raisins, or a slice of lemon, may also be used to flavour barley water.

APPLE DRINK.

Boil four sliced apples with a bit of cinnamon, or three cloves, in three pints of water, for half an hour; sweeten with sugar or honey; and when the apple drink has become cold, strain it off free from any sediment, and let it be drunk when attacked with a severe cold attended with fever.

LEMONADE OR, ORANGEADE.

Slice up either an orange or a lemon, and place it in a large jug with a tablespoonful of sugar; next pour a quart of boiling water to this, and after it has become cold, it will be fit to drink in cases of fever, or merely to quench thirst.

HOW TO MAKE CAUDLE.

Mix four ounces of the prepared groats with half a pint of cold ale, stir this into a saucepan containing a quart of hot ale, add a piece of bruised ginger, a bit of cinnamon, and six cloves; stir the caudle over the fire to boil gently for ten minutes, and then strain it off into a jug free from the spice; sweeten with honey or brown sugar, and add spirits, or wine, to taste.

In case any of the ingredients named in the foregoing recipes should prove beyond your present means, omit them until better times; and in the preparation of your food, adhere to the principal instructions only.

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