A Novel



Cookbook

Forgotten Gems

by

Carol Jeanne Kennedy

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Characters not from my novels are real people who actually lived, once. The historical account of them in this cookbook is accurate, to the extent that my reference material is accurate. Recipes, food ingredients, and cooking methods described herein are all historically accurate, or are believed so by the author.

Dedications

To Don Knight, my life partner, who without his expertise in all things technical, artistic, fanciful and financial, I could not have succeeded in accomplishing this cookbook, while maintaining some semblance of sanity. To Billy Miller, my wonderful brother, who is always there to help us, thank you. To Carol Silvis, my "English teacher" friend, thank you so much for the many days of proofreading this manuscript and the handfuls of red ink pens you must have gone through. Finally, to the characters in my books, thank you, too—and never stop talking to me. I love you all.

Novels by this Author

Winthrope – Tragedy to Triumph The Arrangement– Love Prevails Bobbin's Journal – Waif to Wealth Poppy – The Stolen Family Sophie & Juliet – Rags to Royalty The Spinster – Worth the Wait Holybourne – The Magic of a Child

Links, Reviews, and More

Visit the author's website: KennedyLiterary.com Like on Facebook: caroljeannekennedy Follow on Twitter @carol823599

Visit KennedyLiterary.com for the author's latest artistic creations: Amazingly beautiful hand-painted slipcases to house her collection of seven novels, and a gallery of her original paintings on canvas and wood, in the style of 19<sup>th</sup>-Century painters.

Preface

This cookbook is many things rolled into one, but four themes stand out: *forgotten gems, a gathering of time travellers, culture appreciation,* and *sheer joy*.

There are cooks among us who would like to please an audience with a dish that they haven't had before, and that is surprisingly tasty. For that purpose, an excellent place to look for ideas is among the classic dishes of another century. It is time for some of those *forgotten gems* to roll around as "new."

This cookbook grew out of research for my seven historical novels. The characters in those novels have very definite preferences and favourite dishes. To create a narrative for this cookbook, about two dozen characters are brought to the same table to describe what they like. The recipes for their favourite dishes are included in the back two-thirds of this book. Note that the characters did not live contemporaneously, but are brought together anyway, as *a gathering of time travellers*, to compare notes.

It is well recognised that our culinary history is a very important part of our culture. This cookbook is a contribution to our *culture appreciation*, awareness and preservation. Recipes presented here are fully authentic from the period, complete with the old original spelling and phrasing.

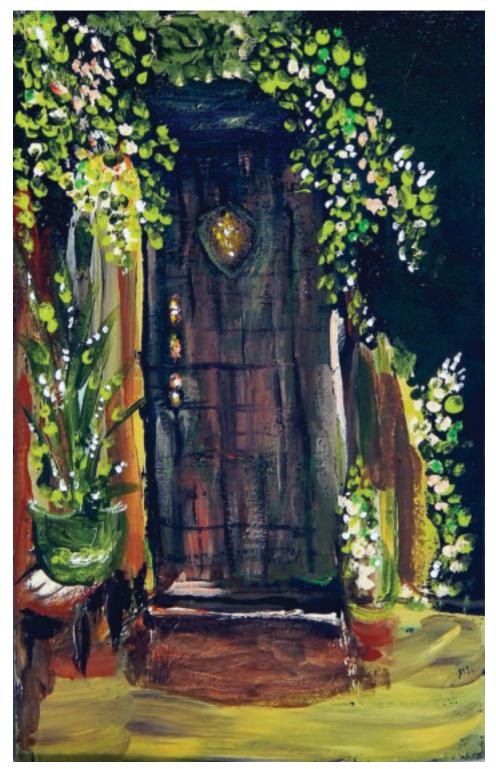
*Sheer joy*. There is a great deal of fun and good-natured humour to be had by comparing the way we think, speak, and eat to our ancestors of the 18th and 19th centuries. Yes, much of it is laughable, but don't be surprised to occasionally catch an insight from the past that is fully apropos to the present.

A Note of Caution



We have copied recipes out of the historical record, and presented them here, verbatim, for general interest. These have NOT been screened for safety. Foodstuffs, food handling and kitchen methods that were considered safe enough once, are no longer considered safe in every instance. For example, pasteurisation of milk is credited with saving millions of lives. The introduction of refrigerators and freezers, combined with improved food handling and inspection before reaching grocery stores, have doubtlessly saved many millions more. If you attempt any of these old recipes on your own, substitute current best practices from your region. Home canning and some methods of preservation are particularly hazardous to the unaware, but there are other hazards as well.

# May you pass through this door and be fuller for it ...



*The Door*, Slipcase Number 22, original artwork by author/artist Carol Jeanne Kennedy © 2017. Registered to : William Arthur Miller, Apple Valley, CA

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The Pink Rose by Charles-Amable Lenoir (1860-1926)

Cast of Fictional Characters

In the narrative that follows, I have chosen twenty-one characters from my seven novels that wanted to participate. Each character brings a perspective regarding food, with styles ranging from pauper's sheep-head stew all the way up to the King's banquet with a magnificent centrepiece of spun sugar.

A list of the characters, with brief descriptions, follows.

It is not necessary to read the seven novels in order to follow the narrative in this cookbook.

### Winthrope

- ♦ Marianne
- ♦ Georgiana
- ♦ Mrs Rose
- ♦ Mrs Fleming

Marianne Mandeville, distraught after losing her husband in an equestrian accident, finds a new reason to live in the form of an infant, Georgiana, the sole survivor of a nearby carriage acci-



dent. Marianne raises Georgiana as her own child. Mrs Rose, Marianne's cook at Winthrope and Mrs Fleming, the Housekeeper, are longtime steady guides to Marianne. I include Mrs Fleming in this cookbook because of her unusual time travels and Rose because of her exactness in decorating the fashionable, yet humble, table.

### Sophie & Juliet

- ♦ The King
- Sophie
- ◊ Juliet

His Royal Highness King George III (1760-1820) is both a historical and fictional character. This is the King who lost the American colonies. Sophie and Juliet are beloved sisters. They are born into royal



Carol Kennedy

circumstances, but are hidden and apparently lost in the Seven-Years War. They grow up unaware of their status. They are re-discovered and are taken into King George's world of wealth and respectability. The King and the two sisters are spokespersons for food in the royal circles of the Georgian era that immediately



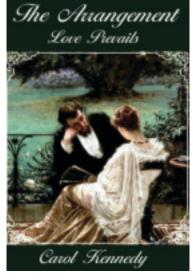
### The Arrangement

#### John Wolcott $\diamond$

Mary ٥

Louisa ٥

John Wolcott is a shipping tycoon who arranges to marry his daughter into a scheme designed to abscond with his future son-in-law's family fortune. Wife Mary and daughter Louisa are of a different mind, and turn out to be surpris-

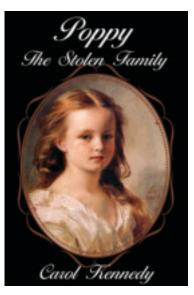


ingly resourceful and determined. Wolcott becomes a character study into the development of one's soul. In this cookbook, Wolcott, Mary, and Louisa tell us what wealthy Victorians liked to eat.

# Poppy

- ♦ Poppy
- Palgrave

Poppy "Grace" Wilson, recently released from prison, turns to Inspector Peter Palgrave of Scotland Yard, for help in locating her mother. The quiet and astute Inspector quickly discovers that Poppy had been falsely imprisoned as part of a much larg-

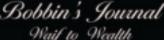


er scheme of deception and fraud. Poppy and the inspector eventually marry. The two represent a simple perspective of what average Londoners ate during that period.

### **Bobbin's Journal**

#### Bobbin ٥ Edward ٥

As a young child, Bobbin loses her family in a fire, and is taken to an orphanage. She grows up a pauper, but through goodness and unusually strong intellect, she rises in society and finds her way into a circle of wealthy friends. She





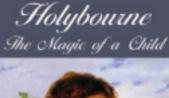


eventually marries Edward, a wealthy son of a London banker. I have included Bobbin and Edward in this cookbook, for their contrasting perspectives regarding food.

# Holybourne

- ♦ Anne
- Franklin  $\diamond$
- Mrs Saverin

Anne was born in lesser circumstances in the small village of Holybourne. Her father died when she was an infant. After her mother's death. Anne is sent to live with a wealthy aunt in London, where she finds herself im-



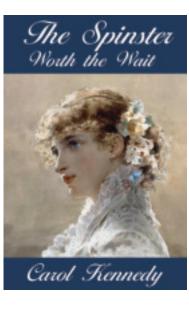


mersed in a new set of strict social norms. The servants take to Anne immediately, loving her as one of their own. The butler Franklin, and the cook, Mrs Saverin, offer help and good advice. They continue in those roles in this cookbook.

### The Spinster

- ♦ Emily
- ♦ Lizzy
- ♦ Prof Meir
- ♦ Nan

Emily and Lizzy Doddridge are sisters. Emily is the strong, quiet, reserved one who partners with Professor Meir, a Veterinarian. Lizzy is the romantic, impulsive, whimsical character. Lizzy remains a spinster,



with her heart set on a Dr North. Nan is the sisters' maid-of-all-chores and their nanny since birth. Nan is included in this cookbook because of her wit and knowledge regarding food and because of her strong opinions about nearly everything.

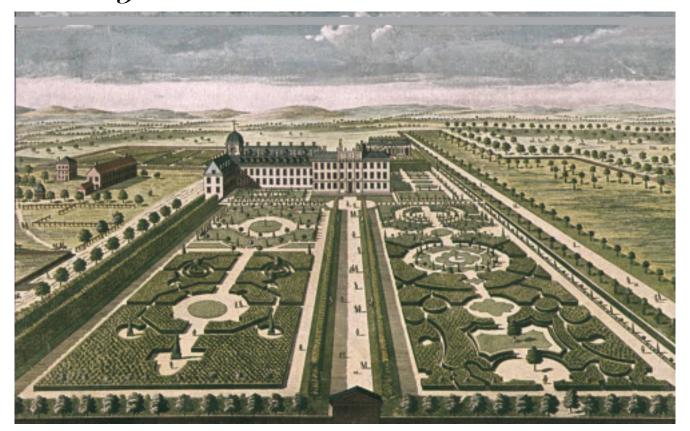


Girl in a Blue Dress by Edoardo Tofano 1875



*The Time of the Lilacs* by Sophie Gengembre Anderson (1823-1903)

Kensington Palace



Kensington Palace by Jan Kip, 1707-8

# Chapter One The Gathering of Time Travelers

### Kensington Palace

All of my savoury characters were to gather together this delightful no-rain morning at Kensington Palace where the Duke of Sussex was currently residing, though away for a fortnight. This was done by the gracious permission of the Duke's father, His Majesty King George III, whom I chose to represent the Georgian era here in this cookbook, and who was a major character in Sophie & Juliet.

I must admit there was a brief skirmish between King George III and myself regarding the location for our first food tasting event. I insisted on Kensington Palace, and he wanted St James Palace, but he graciously acquiesced when I mentioned the logistics of such a move. Personally, I think he feared that I might write him out of my next novel. Why, even Mrs Saverin, head cook at Lesington Hall (Holybourne), found cooking in the Duke's kitchen to be agreeable.

I want to say a little bit about King George III and Queen Charlotte's ninth child, their sixth son, Prince Augustus Frederick. The dukedom was conferred upon him on 24 November 1801. I believe the Queen was proud of her son, and I want to imagine that the Duke would not have minded in the least that we tested recipes in the palace dining room. After all, the Duke was somewhat of a regal rebel who challenged the age-old (even then) traditions and uppity stereotypes of royals throughout his entire lifetime. He was well-read in many things and passionate about the sciences, religion and apparently all learned things in general. He held liberal political views for the times. According to the Royal Collection Trust, the duke supported abolition of the slave trade and fought to end restrictions on Jews. In 1815 he was made patron of the Jews' Hospital and Orphan asylum in Mile End, East London, now known as Norwood House. His activism on

inequality and social injustices drove a wedge through the royal family-he and his father did not always see eye to eye. And despite his being a rather roguish royal, he was considered Queen Victoria's favourite uncle and did the honour of escorting Her Majesty down the aisle when she married Prince Albert in 1840. By the way, the Duke's Mother, Queen Charlotte, was the first black queen of England. The current Duchess of Sussex is also black. Quite a marvellous coincidence, not overlooked I'm quite certain, by the present Queen Elizabeth II, great-great-granddaughter of Victoria. Queen Elizabeth II presented the dukedom to her grandson Harry at his marriage to Meghan Markle. Might I add, Queen Victoria was born and raised at Kensington Palace.



Augustus Frederick, Duke of Sussex. Portrait by Guy Head, 1798

### The Kitchen

As I was preparing for the gathering, Mrs Saverin and I took the liberty of perusing the Kensington's kitchen. First off, I found the servants' table to be at least twenty feet long and five feet wide. Peeking under the white tablecloth, it looked to be made of ancient timbers, surely from the Black Forest. Stacked neatly on sideboards and hanging from the ceiling on chains were pots and pans and gadgets I had little knowledge of. Mrs Saverin quickly explained each "gadget" to me, while the palace cook stood obediently a few feet away.

We continued to sniff about—the cook probably found me odd, an understatement, methinks. I found shiny copper pots and pans all aligned on the mantle ledge above the cooking stove. Also, there were several pots of green herbs of one sort or the other growing on the window sill, some wildly overgrown.

Old black wrought-iron pokers hung near a huge open fireplace. There was a very large cast-iron stove against a blackened wall. Heat from the stove was merciless as I walked by it. Aroma of baking bread wafted through the air. There was a cast-iron black kettle steeping, steam curling from its upturned spout.

Everything was neat and spotless. The stone floor was swept and washed. Well-worn brooms leaned up against the wall. Aprons were folded and set on a shelf nearby. Peeking through the panes, I noticed they were thick, bubbled and wavy. There were clay jugs filled with flour and corked bottles with liquids ... some red, some dark blue. Many of the containers were labelled with Chef Soyer's own concoctions.<sup>[1]</sup> The butler's pantry was full of jams, jellies, pickles. Across the kitchen on a sideboard sat various pies for tonight's gala dinner, I hoped. I couldn't help wishing to sample them, on the spot.

Mrs Saverin stood over the pies, her eyes taking in every doughy wrinkle. Finally, a nod, and we were then onto the breads ... of all sorts. They were wrapped in cloth waiting to be sliced. Baking in the ovens were more breads, rolls, cookies, cakes. It smelled heavenly, though it was a very warm kitchen. I didn't have the heart to mention that my kitchen was air-conditioned.

Hanging over the fire from a char-blackened and crusted chain was another kettle, steaming with chicken stock. The coals were glowing red. There was a rabbit on a spit, turning, sizzling and dripping onto a Yorkshire Pudding beneath. Its little ears were singed, poor dear. <sup>[2]</sup> A cauldron full of oyster soup <sup>[3]</sup> was set on a grate of wrought iron, up just a bit from the ashes. There was a very long-handled stirrer hanging just this side of it. Encrusted about the spoon was dried soup and caked about it, some oysters bits. Three pails of milk were set on the counter. Butter was freshly scraped from the churn and set on cutting boards waiting to be chilled and stored. Baskets were stacked one atop another, cloths folded neatly inside each.

There were a few open windows, and I welcomed the breeze. A mouse scampered out the door and just at the entrance where sat Gib, the blind cat (*Holybourne*). There was a cart sitting just off the kitchen in a room that opened out into the garden. In the



cart were mounds of carrots, long and limp greens still attached; clumps of black soil amongst the radishes; tomatoes, their vines and stocks still dirt-laden with some mud smeared around the vegetables. Potatoes lay in the sun, just outside, three dozen or more. Peas were being picked at the moment. Fallen ap-

Gib, the blind cat from *Holybourne*. Source: anonymous

ples were set aside as grapes were gathered for juice and wine.

At least twenty jars of Vinegars <sup>[4]</sup> were sitting out and being labelled as we speak—tarragon, garlic, green mint. Used spice bottles were being refilled with salt & pepper mixes. Red and green powders crushed in a mortar and pestle waited to be poured into jars. <sup>[5]</sup>

Glancing at the kitchen clock, I tapped Mrs Saverin. "We'd better make way to the dining room ... at least that's where I think everyone will be gathering."

"You go along, Lady Carol. I have things yet to prepare for the breakfast meal."

"OK."

<sup>2.</sup> The recipe for Yorkshire Pudding is on page 203.

<sup>3.</sup> Oyster Soup recipe on page 124.

<sup>4.</sup> Recipes for vinegars may be found on page 309.

<sup>5.</sup> Recipes for spices may be found on page 321.

<sup>1.</sup> See page 71 for chapter on Chef Alexis Soyer.



King George III Coronation Portrait 1762 by Allan Ramsay

### The Drawing Room

I headed for the dining room, thinking people were waiting. I was wrong. Not being from this era, and certainly not being let loose in a huge Royal Palace, I felt a little intimidated. I tried to recall protocol on where people might gather to discuss what they loved to eat. I was pondering that, when to my relief, Mrs Rose and Mrs Fleming came to my rescue! (*Winthrope*.)

"Oh, there you are, Lady Carol." Fleming took my hand. "You look a little lost, my dear."

"I am," I said. "Mrs Saverin and I were just going through the kitchen." I nodded in the direction from which I had just come. "I thought, since I'm writing this novel, I could place everyone in the kitchen; the table is certainly big enough. But then thought that might not be the best place to be and that only the servants ate at that huge table."



Queen Charlotte, by Benjamin West 1779

"Yes, that's right, my dear. Only the servants eat there. However, today, we are to dine with you in the Great Dining Room. Follow me."

Now standing in the Great Dining Room, I marvelled at its beauty ...

Rose nodded as she perused the table. "I have prepared everything, as it should be."

"Oh, yes, Rose, so you would. You always did a beautiful job of it at Winthrope."

She clasped her hands. "And I still do. Marianne and John are very happy, by the way."

"Yes," I said, "I think about them often. They are, of course, to be here today."

Rose nodded with a smile. "Fleming and I are very excited to be here as well. You mention that Mrs Saverin is here?"

"She remained in the kitchen to prepare for break-fast."

"I have a few suggestions myself," said Rose. "I'll join her momentarily."

Fleming took my hand. "Is this not a lovely dining



Kensington Palace Drawing Room, from Pyne's Royal Residences, 1819

room? The Great Dining Room. But it is not the place where our characters are to first gather," she said. "I hope you don't mind, but I took the liberty of arranging all the details."

"No," I said, "not at all. So, tell me what exactly did you arrange?"

"Well, we'll all gather in the Drawing Room. It's quite spectacular."

I looked around the Great Dining Room, it was quite spectacular, too. Three walls were papered with pink, green and beige strips. Silver ornate wall sconces were burning candles, and over the huge table hung a magnificent chandelier with crystal prisms sparkling in the flicker of candlelight. Atop the table lay a stark-white damask tablecloth with long runners that complimented the wallpaper theme, in red, pink, and beige. The cut-crystal water and wine glasses were brilliant and delicate. The ornate silverware gleamed. A huge epergne <sup>[6]</sup> was set in the middle with ferns, roses, daylilies, ivy and daisies in clumps of quaint little sprays.

"This is a magnificent table, Rose."

"Thank you, ma'am," she said. "If you'll excuse me, I must be going now. I simply must find out what Saverin is planning with the palace cook."

"Oh, indeed you must, Rose."

Fleming smiled. "Lady Carol, please follow me. I'll show you to the Drawing Room."

Nine gongs from the mantle clock struck with a tinny muffled sort of noise.

"The Characters will be arriving soon," I said as I

<sup>6.</sup> Epergne \i-'pərn\ an often elaborate tiered centerpiece of wrought metal (silver or gold) usually decorated with flowers, candles, and dishes or a combination of all.



Sally Lunn Buns at NotQuiteNigella.com

# Water Cakes

William Alexis Javin 1827

- <sup>1</sup>/<sub>2</sub> lb. butter
- 1 lb. flour
- ½ lb. sugar
- 2 oz. of caraway-seeds
- Milk as required

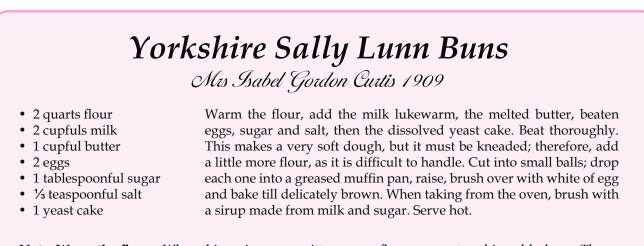
Rub your butter well into the flour, add powdered sugar, and seeds, and take milk enough to make a paste that will roll very thin; roll these cakes as thin as possible, with very little flour, and bake them on buttered papers, observing to prick them all over before you bake them; they must be baked very light in a slack oven.

#### Notes:

Recipe for (puff) paste see page 259.

Slack oven/tolerably brisk oven-G 5-6, 190-200° C., 375-400° F.

**Puff paste** requires a brisk oven, but not too hot, or it would blacken the crust. On the other hand, if the oven be too slack, the paste will be soddened, and will not rise, nor will it have any colour. **Watch** the cakes and when they are baked very light they are done.



**Note: Warm the flour** – When this recipe was written, some flours were stored in cold places. Therefore it was necessary to warm them.



Water biscuit at BBCGoodFood.com

# Water Biscuits

Anonymous – 1870s United Kingdom recipe

Into one pound of flour rub three ounces of butter, add a sufficient quantity of water to make it a stiff dough; well knead it, and roll it as thin as wafers; prick with a biscuit-pricker, and bake a very pale brown.

#### Notes:

**Early** crackers were called biscuits.

**Biscuit pricker** is a smallish wooden stamp with lots of little needles on the base used to perforate the dough for thin crackers. The holes helped the dough stay flat while baking.

# **Cucumber** Sandwiches

Mrs Isabella Beeton 1861

- 1 large cucumber
- creamed butter
- white bread Salad-oil
- lemon juice or vinegar
- salt and pepper

Peel the cucumber, slice it thinly, season liberally with salt, drain on a hair sieve for 1 hour, and dry thoroughly. Now put it into a basin and sprinkle with pepper, salad-oil, lemon juice, or vinegar, liberally or otherwise according to taste. Have ready some thin slices of bread and butter, stamp out some rounds of suitable size, place slices of cucumber between 2 rounds of bread, and press the parts well together. Dish slightly overlapping each other in a circle on a folded serviette, and serve garnished with parsley.

### Notes:

#### Serviette / ser-ve-et/ A table napkin, cloth.

**Hair Sieve** – a round or cone-shaped utensil with a fine or coarse horse-hair mesh screen used to strain solids from liquids, or separating coarser from finer particles, or for reducing soft solids to a pulp. **Recipe** to cream butter see page 348.



Cucumber sandwiches at 32daily.com





Mix stewed and strained apples, or grated apple uncooked, with an equal quantity of Wheat flour; add Yeast enough to raise it, and mix Sugar enough with the apple to make it quite Sweet. Make it in Loaves, and bake it an hour and a half, like other Bread.

Note: Moderate (medium) oven – Gas 4-5, 180-190° C., 350-375° F.

# **Bath Buns** Mas Charlotte Mason 1777

TAKE a little more than a pound of flour, six eggs, six spoonfuls of ale-yeast; mix it with half the flour; let it rise by the fire an hour; take three quarters of a pound of butter, and rub in the other flour; mix all together, stir in it an ounce of caraway-comfits, strew some on the tops of them; bake them on tin plates.

Notes:

**Bath Buns** are quite different than Sally Lunn's Bath Buns. **Recipe** for Caraway-Comfits see page 236. **A comfit** is anything coated with sugar, usually seeds.



Bath Bun at LondonEats.wordpress.com

# Breadcrumbs Anonymous

Lay slices of stale bread in a dry roasting tin and place in the bottom of the oven while something else is cooking. Remove when dry and brittle. Now crush, using a rolling pin.

Notes:

**If really well dried** they should keep in an airtight jar for months. (Keep uncovered until dry, or they will become rancid.)

**Use** for coating fish, chicken, rissoles, etc., before either shallow or deep frying.

# Hamburger Steak Mus T. L. Gillette 1887

Take a pound of raw flank or round steak, without any fat, bone or stringy pieces. Chop it until a perfect mince; it cannot be chopped too fine. Also chop a small onion quite fine, and mix well with the meat. Season with salt and pepper; make into cakes as large as a biscuit, but quite flat, or into one large flat cake a little less than half an inch thick. Have a ready a frying-pan, with butter and lard mixed; when boiling hot, put in the steak and fry brown. Garnish with celery top around the edge of the platter and two or three slices of lemon on the top of the meat. A brown gravy made from the grease the steak was fried in, and poured over the meat, enriches it.



Hamburger steak.

# Lancashire Pie (Beef or veal) Mrs Estelle Woods Wilcox 1894

Take cold beef or veal chop, and season as for hash; have ready hot mashed potatoes, seasoned; put in a shallow baking dish first a layer of meat, then a layer of potatoes, and so on. Till the dish is full; smooth over the top of the potatoes, and make little holes in which place bits of butter; bake a nice brown.



# Lamb Cutlets Reform

Alexis Soyer 1851

- 8 or 12 lamb cutlets, French trimmed (fat removed) and flattened slightly
- Salt and freshly ground black pepper
- 2 eggs, beaten
- 2 oz. cooked ham, very finely chopped
- 1 tablespoonful chopped parsley
- $2\frac{1}{2}$  oz. fresh white breadcrumbs
- Vegetable oil for frying
- 1 cup of fresh butter

### For the sauce

- 2 large shallots, peeled and finely chopped
- half clove of garlic, peeled and crushed
- A good pinch of cayenne pepper
- 2 oz. butter
- 2 teaspoonsful flour
- <sup>1</sup>/<sub>2</sub> teaspoonful tomato purée
- 2 tablespoonfuls tarragon vinegar
- 1 tablespoonful redcurrant jelly
- 1<sup>3</sup>/<sub>4</sub> cups beef stock
- 1½ oz. sliced tongue or ham, or both, cut into 1″ strips
- 1 small cooked beetroot weighing about 2½ oz. peeled and cut into 1" strips
- 2 large gherkins cut into 1" strips
- the white of 1 large hard boiled egg, also sliced into 1" strips

Make the sauce first. With a light hand, sauté the shallots, garlic and cayenne pepper in half of the butter for 2-3 minutes, stirring ever so often. Add the flour and tomato purée and stir well. Add the vinegar and redcurrant jelly and simmer for one minute, add the stock, bring to a soft boil and simmer gently for 15 minutes. Season to taste and whisk in the remaining butter. Add the parsley and ham to the breadcrumbs.

Coat the lamb cutlets with the egg and the breadcrumbs. Preheat a couple of tablespoons of the vegetable oil in a frying pan on a medium heat and cook the cutlets for 3-4 minutes on each side until golden, adding the butter towards the end. To serve, add the shredded tongue, beetroot, gherkin and egg white to the sauce, or mix and serve separately. Serves 4.

### Notes:

**Soyer** invented this dish at the Reform Club (c1860), London, and it is still on the menu. **Substitute** beef stock for golden stock. Recipe for golden stock see page 136.

Lamb Cutlets Reform at FoodsOfEngland.co.uk



# Hors d'oeuvres, Sandwiches, Savories, Garnish, Fruits



### **Blinis** Auguste Escoffier

- ½ oz. yeast
- 12 oz. plain flour, sifted
- <sup>1</sup>/<sub>2</sub> pint milk, lukewarm
- 2 egg yolks
- · A pinch of salt
- <sup>1</sup>/<sub>4</sub> pint of milk, tepid
- 2 egg whites, whisked

#### Notes:

*Blinis* /bli ni/ – small pancakes **Sufficient** for 32 cakes.

Make a thin paste out of the yeast and 8 oz. of the sifted flour diluted with the lukewarm milk. Let this paste ferment for two hours in a warm room, and then add the rest of the flour (4 oz), the egg yolks, a pinch of salt, the tepid milk. Mix together without letting it acquire any heaviness. Finally add the whisked egg whites. Let the preparation ferment for half an hour, and when about to serve, cook the blinis quickly in the same way as small pancakes. This is delicious with salmon, sour cream with caviar; perhaps a little wine jelly, or serve as a pancake with a little sirup or jelly; amongst other things as an hors d' oeuvre. Serve hot.

# Cheese Straws (1)

Mrs Estelle Woods Wilcox 1894

- 1 cup grated cheese
- ½ saltspoonful salt and cayenne
- 1 cup flour
- 2 ounces butter

Mix flour and cheese, add the butter, salt and pepper and mix into a paste with cold water or the yolk of an egg. Roll out one-fourth of an inch thick and cut in strips half an inch wide by 6 inches long, lay on a sheet of paper and bake in a hot oven. These will bake in a few minutes. Serve cold, tied in a bunch with narrow ribbon or piled nicely on a fancy plate. Straws can be made from puff-paste by rolling in grated cheese and cutting in strips.

#### Notes:

**Saltspoonful** $-\frac{1}{4}$  of a teaspoon or about 1.2 ml. **Recipe** for Puff-paste may be found on page 261. **Paper** here means parchment paper.



Cheese straws at FoodNetwork.com

# **Cucumber** Sandwiches

Mrs Isabella Beeton 1861

- 1 large cucumber
- creamed butter
- white bread Salad-oil
- lemon juice or vinegar
- salt and pepper

Peel the cucumber, slice it thinly, season liberally with salt, drain on a hair sieve for 1 hour, and dry thoroughly. Now put it into a basin and sprinkle with pepper, salad-oil, lemon juice, or vinegar, liberally or otherwise according to taste. Have ready some thin slices of bread and butter, stamp out some rounds of suitable size, place slices of cucumber between 2 rounds of bread, and press the parts well together. Dish slightly overlapping each other in a circle on a folded serviette, and serve garnished with parsley.

#### Notes:

#### Serviette / ser-ve-et/ A table napkin, cloth.

**Hair Sieve** – a round or cone-shaped utensil with a fine or coarse horse-hair mesh screen used to strain solids from liquids, or separating coarser from finer particles, or for reducing soft solids to a pulp. **Recipe** to cream butter see page 348.



Cucumber sandwiches at 32daily.com



### Jane Austen 1808

'The Orange wine will want our care soon. But in the meantime, for elegance and ease and luxury; the Hattons and Milles dine here today – and I shall eat ice and drink French wine, and be above vulgar economy. Luckily the pleasures of friendship, of unreserved conversation, of similarity of taste and opinions, will make good amends for orange wine ...'

**From:** Illustrated Letters of Jane Austen, Penelope Hughes-Hallett, 1990. Courtesy Pierpoint Morgan Library, New York. The museum owns the original letter from Jane Austen written to her sister, Casandra, Thursday, June 30, 1808.

The watercolour is by James Andrews, 1870.

# Excellent Orange Wine

Take half a chest of Seville oranges, pare off the rinds as thin as possible, put two-thirds of them into six gallons of water, and let them remain for twenty-four hours. Squeeze the oranges (which ought to yield seven or eight quarts of juice) through a sieve into a pan, and as they are done throw them into six gallons more of water; let them be washed well in it with the hands, and then put into another six gallons of water and left until the following day. For each gallon of wine, put into the cask three pounds and a quarter of loaf sugar, and the liquor strained clear from the rinds and pulp. Wash these again and again, should more liquor be required to fill the cask; but do not at any time add raw water. Stir the wine daily until the sugar is perfectly dissolved, and let it ferment from four to five weeks; add to it two bottles of brandy, stop it down, and in twelve months it will be fit to bottle.

*Observation* — The excellence of all wine depends so much upon the fermentation being properly conducted, that unless the mode of regulating this be understood by the maker, there will always be great danger of failure in the operation. There is, we believe, an excellent work upon the subject by Mr McCulloch, which the reader who needs information upon it will do well to consult: our own experience is too slight to enable us to multiply our receipts.

**Note:** Seville oranges – a bitter orange first recorded in Sicily. Its name comes from Seville, Spain. Its season is short, from mid-December to February, even then this fruit is hard to find.

# Champagne-Cup (Modernised version)

### Anonymous

• 1 bottle of champagne, or dry, quality sparkling wine

Place all ingredients in a cup and stir.

- 1<sup>1</sup>/<sub>4</sub> cups sparkling mineral water
- 1 oz. liqueur-glass of brandy or Curaçao
- 2 tablespoonfuls icing sugar
- 1 lb. finely crushed ice
- Some sprigs of borage or a few twists of cucumber rind.

### Notes:

Icing sugar is confectioner's sugar; powdered sugar. 1 liqueur – glass is 35 ml, or a little over 1 fluid ounce. **Curaçao** – a liqueur from an island of the same name. Borage is a coarse, hairy, blue-flowered European herb often used in salads, or in this case as a garnish atop a drink.



# Whiskey Cordial Mrs Isabella Beeton 1861

- 1 lb. of ripe white currants
- the rind of 2 lemons
- <sup>1</sup>/<sub>4</sub> oz. of grated ginger • 1 quart of
- whiskey
- 1 lb. of lump sugar

Strip the currants from the stalks; put them into a large jug; add the lemon-rind, ginger, and whiskey; cover the jug closely, and let it remain covered for 24 hours. Strain through a hairsieve and add the lump sugar, and let it stand 12 hours longer; then bottle and cork well.

### Notes:

Lump Sugar-refined sugar moulded into rectangular shapes convenient as a single serving; not exactly a teaspoonful.

Hair-sieve – a round or cone-shaped utensil with a fine or coarse mesh screen used to strain solids from liquids, or separating coarser from finer particles, or for reducing soft solids to a pulp. Hair sieve is made from horse hair.

Photo at RubyLane.com



# Cakes & Desserts

# Almond Cake

Mrs Isabella Beeton 1861

Blanch and pound the almonds to a paste; separate the whites

from the yolks of the eggs; beat the latter, and add them to the almonds. Stir in the sugar, flour, and grated lemon rind; and

add the butter, which should be beaten to a cream; and when all

these ingredients are well mixed, put in the whites of the eggs,

which should be whipped to a stiff froth. Butter a cake-mould,

put in the mixture, and bake in a good oven for  $1\frac{1}{4}$  to  $1\frac{3}{4}$  hour.

- <sup>1</sup>/<sub>2</sub> lb. of ground almonds
- 1 oz. bitter almonds
- 6 eggs
- 8 tablespoonfuls of caster sugar
- 5 tablespoonfuls of fine flour
- the grated rind of 1 lemon
- 3 oz. of butter

#### Notes:

Moderate (Good) oven – G 4-5, 180-190° C., 350-375° F.

### Caster sugar – a super-fine sugar

**Bitter almonds** are used for food flavouring and must be refined before eating. Sweet almonds are used for cooking. May substitute bitter almonds with a few drops of almond essence.

**To Blanch almonds** – Into boiling water add almonds. Immediately then toss into colander or strainer and rinse with cold water to cool them. Blot almonds and then gently squeeze the almonds to loosen the skin.



# Apple Pie John Tadey 1783

Having put a good puff-paste crust round the edge of your dish, pare and quarter your apples, and take out the cores. Then lay a thick row of apples, and throw in half the sugar you intend to put into your pie. Mince a little lemon-peal fine, spread it over the sugar and apples, and squeeze a little lemon over them. Then scatter a few cloves over it, and lay on the rest of your apples and sugar. Sweeten to your palate, and squeeze a little more lemon. Boil the peeling of the apples and cores in some fair, water, with a blade of mace, till it has a pleasing taste. Strain it, and boil the syrup with a little sugar, till there be a small quantity left. Then pour it into your pie, put on your upper crust, and bake it. If you choose it, you may put in a little quince or marmalade. In the same manner, you may make a pear pie; but in that you must omit the quince. You may butter them when they come out of the oven, or beat up the yolks of two eggs, and a half a pint of cream, with a little nutmeg, sweetened with sugar. Put it over a slow fire, and keep stirring it till it begins to boil; then take off the lid, and pour in the cream. Cut the crust in little three-corner pieces, and flick them about the pie.

#### Notes:

If you plan on adding cream after the pie is done, do not seal the edges of the pastry when you initially lay it over the apples, that way it will be easier when it is time to "take off the lid," meaning to gently lift up the top crust and pour the cream into the pie. Good luck. **Recipe** for puff-paste see page 261.

#### Apple Pie at Gallery.nen.gov.uk





Seafood & Fresh Water Fish

# **Crimped Salmon**

Isabella Beeton 1861

Salmon is frequently dressed in this way at many fashionable tables, but must be very fresh, and cut into slices 2 or 3 inches thick. Lay these in cold salt and water for 1 hour; have ready some boiling water, salted, and well skimmed; put in the fish, and simmer gently for ¼ hour, or rather more should it be very thick; garnish the same as boiled salmon, and serve with the same sauces. Time: ¼ hour, more or less, according to size.

#### Notes:

**Boiling water with salt** – 6 oz. of salt to each gallon of water; sufficient water to cover the fish. **Never** use vinegar with salmon, as it spoils the taste and colour of the fish.

### Fillets of Mackerel – Boiled Eliza Acton 1860

After having taken off and divided the flesh of the fish, place it flat in one layer in a wide stewpan or saucepan, and just cover the fillets with cold water; throw in a teaspoonful of salt, and two or three small springs of parsley; bring the mackerel slowly to a boil, clear off the scum with care, and after two or three minutes of slow simmering, try the fillets with a fork; if the thick part divides with a touch, they are done. Lift them out cautiously with a slice; drain, and serve them very hot with good parsley and butter; or strip off the skin quickly, and pour a Mâitre d' Hotel sauce over them.

Note: Recipe for Mâitre d' Hotel sauce see page 335.

### Forcemeat for Fish (1) Mrs Isabella Beeton, 1861

- 1 oz. butter
- 1 oz. of suet
- 1 oz. of fat bacon
- 1 small teaspoonful of minced savory herbs, including parsley
- a little onion, when liked, shredded very fine
- salt, nutmeg, and cayenne to taste
- 4 oz. of breadcrumbs
- 1 egg

Mix all the ingredients well together, carefully mincing them very finely; beat up the egg, moisten with it, and work the whole very smoothly together. Oysters or anchovies may be added to this forcemeat, and will be found a great improvement. Sufficient for a moderate-sized haddock or pike.



Catalan lobster.

# Langosta à la Catalana A Mexican lobster dish

Mrs Isabel Gordon Curtis 1909

Remove lobster meat from the shell, lay it in a bowl so as to save all the liquor, and cut in quarters. Chop 4 large onions and a bunch of parsley, mash 4 cloves of garlic, and fry together in ½ cupful of olive oil until nearly brown. Season with salt and cayenne; add the lobster with the juice, a cupful washed rice, and tablespoonful of capers. Cook until the rice is done. When serving, put whole pimentos on top. – *May E. Southworth*.

# **Potato Croquettes** Mas Estelle Woods Wilcox 1894

- 2 cups mashed potatoes
- lemon juice
- 1 cup boiled rice
- 2 eggs
- 2 tablespoons cream
- Nutmeg

### Notes:

**Brown paper** or use parchment paper. **Ice Box** here means a refrigerator or a cold place. The rice must be soft enough to mash smooth, or rub through a colander. Mix with the potato and cream, beating all together thoroughly. Beat the yolks and whites of eggs separately. Stir in yolks, whip in the whites, and add a little lemon juice and nutmeg. Shape in finger rolls, dip in beaten egg and bread crumbs, and set in the ice box 1 hour. Put them in a frying basket and cook till a golden brown, in boiling lard. Lay them on brown paper in the mouth of the oven.



Potato croquettes at ChristinasCucina.com

# Potato Balls

Mrs Estelle Woods Wilcox 1894

Mix mashed potatoes with the beaten yolk of an egg. Shape into small thick cakes, dip in flour and fry brown. Or, egg and crumb them and fry in butter or boiling lard.