

THE  
**COOK'S OWN BOOK:**

BEING A COMPLETE

**CULINARY ENCYCLOPEDIA:**

COMPREHENDING ALL VALUABLE RECEIPTS

FOR COOKING MEAT, FISH, AND FOWL,

AND COMPOSING EVERY KIND OF

SOUP, GRAVY, PASTRY, PRESERVES, ESSENCES, &c.

THAT HAVE BEEN PUBLISHED OR INVENTED

DURING THE LAST TWENTY YEARS.

PARTICULARLY THE VERY BEST OF THOSE IN THE

COOK'S ORACLE, COOK'S DICTIONARY, AND OTHER SYSTEMS OF

DOMESTIC ECONOMY.

WITH

NUMEROUS ORIGINAL RECEIPTS,

AND A COMPLETE SYSTEM OF

**CONFECTIONERY.**

BY A BOSTON HOUSEKEEPER.

ALPHABETICALLY ARRANGED.

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off the liquor; wipe it dry; or three ounces of pounded into pieces; pack it close in thick layer of salt between each. If the brine does not rise in a strong one, and pour it upon the salmon, which must be covered with it.

**STEW.** Clean and scrape into slices, and stew it in a brine. A little before serving, add spoonfuls of soy, one of eschewal, and a little salt, some chives and chives.

**SPICED.** Mix together, in one-third of salt-and-water to vinegar, one ounce of whole black pepper, one ounce of cinnamon. Cut into slices, and boil it in this; pack it close in a pan, and pour upon it was boiled in, with the salt to cover it completely; cover it, to exclude the air.

**MACKEREL, SPRATS, &c. PICKLED.** Cut the fish into pieces; do not take off the scales; strong enough to bear an egg, the fish; it must be boiled in water enough to cover it; do not drain off all the liquor; when close in the kits, and fill them with parts of the liquor the salmon (having first well skimmed it), let them rest for a day; striking the sides of the kit with a mallet, until the kit will receive no more, and them down as close as possible.

is in the finest condition. Some sprigs of fresh-gathered herbs are the accompaniments. The three indispensable marks of pickled salmon are, 1st, the scales, and their sticking to the skin; 2dly, The firmness of the fish; 3dly, Its fine, pale-red rose color. If these it is not fit to eat, it is stale before it was pickled, and is too long after.

was given us as the actual method who pickle it for the Londoners. Pickled salmon warmed by steam, and liquor, is a favorite dish at

Boil a little water, wine, and sugar, together; then mix a quantity of the powder, previously smooth, in a little cold water;

stir the whole well together, and boil for a few minutes.

**SALPICON.** This is a mixture composed of various articles, such as sweetbreads, fat livers, tongue, ham, champignons, truffes, &c., previously dressed, cut into dice, and cooked in some rich sauce, and seasoned with pepper, salt, nutmeg, cloves, shallots, sweet herbs, and a little butter; take care that all the articles are sufficiently boiled before they are cut up. Many things, such as beef-palate, fowl, cocks'-combs, indeed almost any article you please, may be added to the above.

**SALT,** Is as Plutarch calls it, sauce for sauce.

Common salt is more relishing than basket salt; it should be prepared for the table by drying it in a Dutch oven before the fire; then put it on a clean paper, and roll it with a rolling pin; if you pound it in a mortar till it is quite fine, it will look as well as basket salt.

\*.\* Select for table-use the lumps of salt.

*Obs.*—Your salt-box must have a close cover, and be kept in a dry place.

**SALT, SPICED.** Take four drachms of grated nutmeg, the same of cloves, two of white pepper, two of allspice, two of mace, two of bay-leaf, two of basil, and two of thyme (these three latter articles should be dried in an oven). Put these all into a mortar, and pound them to an impalpable powder, and sift it. Take a pound of fine white salt, dry it thoroughly in an oven, or stove, pound it as fine as possible; sift, and mix with it an ounce of the above mentioned spices; amalgamate them thoroughly, keep the spiced salt in a tin box, which will shut perfectly close. Use it in the following proportion: four drachms to a pound of boned veal.

**SALTING MEAT.** In the *summer* season, especially, meat is frequently spoiled by the cook forgetting to take out the kernels; one in the udder of a round of beef, in the fat in the middle of the round, those about the thick end of the flank, &c.: if these are not taken out, all the salt in the world will not keep the meat.

The art of salting meat is to rub in the salt thoroughly and evenly into every part, and to fill all the holes full of salt where the kernels were taken out, and where the butcher's skewers were.

A round of beef of 25 pounds will take a pound and a half of salt to be rubbed in all at first, and requires to be turned and rubbed every day with the brine; it will be ready

for dressing in four or five days, if you do not wish it very salt.

In *summer*, the sooner meat is salted after it is killed, the better; and care must be taken to defend it from the flies.

In *winter*, it will eat the shorter and tenderer, if kept a few days (according to the temperature of the weather) until its fibre has become short and tender, as these changes do not take place after it has been acted upon by the salt.

In frosty weather, take care the meat is not frozen, and warm the salt in a frying-pan. The extremes of heat and cold are equally unfavorable for the process of salting. In the former, the meat changes before the salt can affect it: in the latter, it is so hardened, and its juices are so congealed, that the salt cannot penetrate it.

If you wish it red, rub it first with salt-petre, in the proportion of half an ounce, and the like quantity of moist sugar, to a pound of common salt.

You may impregnate meat with a very agreeable vegetable flavor, by pounding some sweet herbs, and an onion with the salt. You may make it still more relishing by adding a little *ZEST* or *savory spice*.

**SALT PORK, BOILED.** See *Bacon*.

**SAMPHIRE, TO DRY, OR PRESERVE.** Take it in bunches as it grows; set a large deep stewpan full of water on the fire; as soon as it boils, throw in a little salt, and put in the samphire; when it looks of a fine green, remove the pan directly from the fire, and take out the samphire with a fork; lay it on sieves to drain; when cold, lay it on earthen plates, strew sugar well over it, next day turn them on a sieve, and strew it again with sugar, keep turning daily until it is dry; take care the stove is not too hot.

**SAMPHIRE, TO PICKLE.** Lay some samphire that is green in a pan, sprinkle over it two or three handfuls of salt, and cover it with spring water, and let it lay for twenty-four hours; then put it into a large brass saucepan; throw in a handful of salt; cover the pan close, and set it over a very slow fire; let it stand till it is quite green, and crisp; then take it off, for if it becomes soft it is spoiled; put it into a jar, cover it close, and when it is cold, tie it down.

**SANDWICHES FOR TRAVELERS.** Spread butter, very thinly, upon the upper part of a stale loaf of bread cut very smooth, and then cut off the slice; now cut off another thin slice, but spread it with butter on the under side, without which precaution the two slices of bread will not fit

one another. Next take some cold beef, or ham, and cut it into very minute particles. Sprinkle these thickly over the butter, and, having added a little mustard, put the slices face to face, and press them together. Lastly, cut the whole into four equal portions, each of which is to be wrapped in a separate piece of paper.

**SANDWICHES.** (1) Cut some bread into thin slices, pare off the crust, and spread a little butter on them; cut them nicely into oblong pieces, put between each some bits of fowl, and then thin bits of ham, both nicely trimmed; add a little mustard and salt. Any cold roasted or potted meat may be used. Serve them for luncheon, garnished with curled parsley.

**SANDWICHES,** (2) Properly prepared, are an elegant and convenient luncheon or supper, but have got out of fashion, from the bad manner in which they are commonly made: to cut the bread neatly with a sharp knife seems to be considered the only essential, and the lining is composed of any odd odds and ends, that cannot be sent to table in any other form. Whatever is used must be carefully trimmed from every bit of skin, gristle, &c. and nothing introduced but what you are absolutely certain will be acceptable to the mouth.

**SANDWICHES, CAKE.** Cut a sponge cake, a few days old, as for bread sandwiches, and spread strawberry jam or currant jelly over them.

**SAUCE.** (1) Few things require more care than making sauces, as most of them should be stirred constantly, the whole attention should be directed to them; the better way therefore, is to prepare the sauces before cooking those articles which demand equal care; they may be kept hot in the *bain-marie*.

Butter, and those sauces containing eggs, ought never to boil.

The thickest stewpans should be used for making sauces, and wooden-spoons used for stirring them.

**SAUCE.** (2) Mix together a pint of vinegar, two shallots or heads of garlic, a tea-spoonful of cayenne, three large table-spoonfuls of Indian soy or mushroom ketchup, and two of walnut pickle. Let it stand a week, shaking it daily; strain, and bottle it for use.

— **FOR ANY SORT OF MEAT.**

Boil and strain three table-spoonfuls of gravy, two of vinegar, a blade of mace, a little pepper, salt, and a large sliced onion.

— **ANCHOVY.** Pound three anchovies in a mortar with a little bit of butter; rub it through a double hair sieve with the back of a wooden spoon, and stir it into almost half a pint of melted butter; or stir in a table-spoonful of essence of anchovy. To the above, many cooks add lemon-juice and cayenne.

— **APPLE.** (1) Pare, core, and slice some apples; boil them in water, with a bit of lemon-peel; when tender, mash them; add to them a bit of butter the size of a walnut, and some brown sugar. Heat, and serve in a sauce-tureen.

— **APPLE.** (2) Pare and core three good-sized baking apples; put them into a well-tinned pint saucepan, with two table-spoonfuls of cold water; cover the saucepan close, and set it on a trivet over a slow fire a couple of hours before dinner (some apples will take a long time stewing, others will be ready in a quarter of an hour); when the apples are done enough, pour off the water, let them stand a few minutes to get dry; then beat them up with a fork, with a bit of butter about as big as a nutmeg, and a tea-spoonful of powdered sugar.

N. B.—Some add lemon-peel, grated, or minced fine, or boil a bit with the apples.

— **ATTELETS.** Take of finely-minced parsley, mushrooms, and shallots, a table-spoonful each; fry them with a little butter, and then dredge in a little flour; moisten the mixture with some good stock, season it with pepper and salt, and boil it till it begins to thicken; then take it off the fire, and add the well-beaten yolks of two or three eggs. Stir it well all the time it is making.

— **BEEF-GRAVY, or Brown Sauce for Ragout, Game, Poultry, Fish, &c.** If you want gravy immediately, see Potato Soup, or Glaze. If you have time enough, furnish a thick and well-tinned stewpan with a thin slice of salt pork, or an ounce of butter, and a middling-sized onion; on this lay a pound of nice, juicy gravy beef, (as the object in making gravy is to extract the nutritious succulence of the meat, it must be beaten to comminute the containing vessels, and scored to augment the surface to the action of the water); cover the stewpan, and set it on a slow fire; when the meat begins to brown, turn it about, and let it get slightly browned (but take care it is not at all burned): then pour in a pint and a half of boiling water; set the pan on the fire; when it boils, carefully catch the scum, and then put in a crust of bread toasted brown (don't burn it) a

sprig of winter savory, or lemon thyme and parsley—a roll of thin cut lemon-peel, a dozen berries of allspice, and a dozen of black pepper. Cover the stewpan close, and let it stew very gently for about two hours, then strain it through a sieve into a basin. Now, if you wish to thicken it, set a clean stewpan over a slow fire, with about an ounce of butter in it; when it is melted, dredge to it, by degrees, as much flour as will dry it up, stirring them well together: when thoroughly mixed, pour in a little gravy—stir it well together, and add the remainder by degrees; set it over the fire, let it simmer gently for fifteen minutes longer, skim off the fat, &c. as it rises; when it is about as thick as cream, squeeze it through a tamis or fine sieve—and you will have a fine rich Brown Sauce, at a very moderate expense, and without much trouble.

— **FOR BOILED BEEF.** Mince a large onion, parboil it, and drain off the water; put the onion into a saucepan, with a table-spoonful of finely-chopped parsley, some good gravy, and one ounce of butter dredged with a little flour. Let it boil nearly ten minutes, and add a spoonful of cut capers, which must be thoroughly leached before the sauce is served.

— **BROWN.** Take a pound or two of steaks, two or three pounds of veal, some pickings of fowl, carrots, and onions, put all these into a saucepan with a glass of water, and set it on a brisk fire; when scarcely any moisture remains, put it on a slow fire, that the jelly may take color without burning; and as soon as it is brown, moisten it with stock (or water), add a bunch of parsley and green onions, two bay leaves, two cloves, and some champignons, salt it well, and set it on the fire for three hours, then strain; dilute a little with your liquor, and boil it an hour over a gentle fire, take off all the fat, and run it through a bolting.

— **BONNE BOUCHE, FOR GOOSE, DUCK, OR ROAST PORK.** Mix a tea-spoonful of made mustard, a salt-spoonful of salt, and a few grains of cayenne, in a large wine-glassful of claret or Port wine; pour it into the goose by a slit in the skin just before serving up; or, as all the company may not like it, stir it into a quart of a pint of thick melted butter, or thickened gravy, and send it up in a boat. A favorite relish for roast pork or geese, &c. is two ounces of leaves of green sage, an ounce of fresh lemon-peel pared thin, same of salt, minced eschalot, and half a drachm of cayenne pepper, ditto of citric acid, steeped for a fortnight in a pint of claret; strain it