

## PREFACE.

---

THE science of domestick economy, especially that division which treats of culinary or kitchen duties, has ever occupied the attention of those who have "lived by eating," from the days of hungry Esau to the present moment. Every nation has its peculiar dishes, and so also has every family its own mode of cooking them. The former is attributable to location—hot and cold latitudes yielding their own vegetables, and being the resort of those animals only whose constitutions are in unison with the climate. The latter is owing to the degree of skill possessed by those who prepare the bounties of Providence for the palate.

A Work on Cookery should be adapted to the meridian in which it is intended to circulate. It is needless to burden a country Cookery Book with receipts for dishes depending entirely upon sea board markets, or which are suitable only to prepare food for the tables of city people, whose habits and customs differ so materially from those living in the country. Still further would the impropriety be carried were we to introduce into a work intended for the American Publick such English, French and Italian methods of rendering things indigestible, which are of themselves innocent, or of distorting and disguising the most loathsome objects to render them sufferable to already vitiated tastes.

These evils are attempted to be avoided. Good republican dishes and garnishing, proper to fill an every day bill of fare, from the condition of the poorest to the richest individual, have been principally aimed at.