

This stock is the basis of many of the soups afterwards mentioned, and it will be found quite strong enough for ordinary purposes.

*Time*, 5 hours.

#### Economical Stock.

**INGREDIENTS.**—*The liquor in which a joint of meat has been boiled, say 4 quarts; trimmings of fresh meat or poultry, shank-bones, &c., roast beef bones, any pieces the larder may furnish; vegetables, spices, and the same seasoning as in the foregoing recipe.*

*Mode.*—Let all the ingredients simmer gently for 5 hours, taking care to skim carefully at first. Strain the stock off, and put it by for use.

*Time*, 5 hours.

#### White Stock.

**INGREDIENTS.**—*4 lbs. of knuckle of veal, any poultry trimmings, 4 slices of lean ham, 1 carrot, 2 onions, 1 head of celery, 12 white peppercorns, 1 oz. of salt, 1 blade of mace, 1 oz. of butter, 4 quarts of water.*

*Mode.*—Cut up the veal, and put it with the bones and trimmings of poultry, and the ham, into the stewpan, which has been rubbed with the butter. Moisten with  $\frac{1}{2}$  a pint of water, and simmer till the gravy begins to flow. Then add the 4 quarts of water with the remainder of the ingredients: and simmer for 5 hours. After skimming and straining it carefully through a very fine hair-sieve, it will be ready for use.

*Time*, 5 $\frac{1}{2}$  hours.

*Note.*—When stronger stock is desired, double the quantity of veal, or put in an old fowl. The liquor in which a young turkey has been boiled is an excellent addition to all white stock of soups.

#### To Clarify Stock.

**INGREDIENTS.**—*The whites of two eggs,  $\frac{1}{2}$  pint of water, 2 quarts of stock.*

*Mode.*—Supposing that by some accident the soup is not quite clear, and that its quantity is 2 quarts, take the whites of 2 eggs, carefully separated from their yolks, whisk them well together with the water, and add gradually the 2 quarts of boiling stock, still whisking. Place the soup on the fire, and when boiling and well skimmed, whisk the eggs with it till nearly boiling again; then draw it from the fire, and let it settle, until the whites of the eggs become separated. Pass through a fine cloth, and the soup should be clear.

*Note.*—The rule is, that all clear soups should be of a light straw-colour, and should not savour too strongly of the meat; and that all white or brown thick soups should have no more consistency than will enable them to adhere slightly to the spoon when hot.

#### Carrot Soup.

**INGREDIENTS.**—*4 quarts of liquor in which a leg of mutton or beef has been boiled, a few beef bones, 6 large carrots, 2 large onions, 1 turnip, seasoning of salt and pepper to taste, 3 lumps of sugar, cayenne.*

*Mode.*—Put the liquor, bones, onions, turnip, pepper and salt, into a stewpan, and simmer for 3 hours. Scrape and cut the carrots thin, strain the soup on them, and stew them till soft enough to pulp through a hair-sieve or coarse cloth; then boil the pulp with the soup, which should be about the consistency of pea soup. Add cayenne. Pulp only the red part of the carrot, and make this soup the day before it is wanted.

*Time*, 4 $\frac{1}{2}$  hours: *Seasonable* from October to March. *Sufficient* for 8 persons.

#### Celery Soup.

**INGREDIENTS.**—*9 heads of celery, 1 teaspoonful of salt, nutmeg to taste, 1 lump of sugar,  $\frac{1}{2}$  pint of strong stock, a pint of cream, and 3 quarts of boiling water.*

*Mode.*—Cut the celery into small pieces; throw it into the water, seasoned with nutmeg salt, and sugar. Boil it till sufficiently tender: pass it through a sieve, add the stock, and simmer it for half an hour. Now put in the cream, bring it to the boiling point, and serve immediately.

*Time*, 1 hour.

#### A good Family Soup.

**INGREDIENTS.**—*Remains of a cold tongue, 2 lbs. of shin of beef, any cold pieces of meat or beef-bones, 2 turnips, 2 carrots, 2 onions, 1 parsnip, 1 head of celery, 4 quarts of water,  $\frac{1}{2}$  teaspoonful of rice; salt and pepper to taste.*

*Mode.*—Put all the ingredients in a stewpan and simmer gently for 4 hours, or until all the goodness is drawn from the meat. Strain off the soup, and let it stand to get cold. The kernels and soft parts of the tongue must be saved. When the soup is wanted for use, skim off all the fat, put in the kernels and soft part of the tongue, slice in a small quantity of fresh carrot, turnip, and onion; stew till the vegetables are tender, and serve with toasted bread.

*Time*, 5 hours. *Seasonable* at any time. *Sufficient* for 8 persons.

#### Gravy Soup.

**INGREDIENTS.**—*4 lbs. of skin of beef, a piece of the knuckle of veal weighing 3 lbs., a few pieces of trimmings of meat or poultry, 3 slices of nicely flavoured lean ham,  $\frac{1}{2}$  lb. of butter, 2 onions, 4 carrots, 1 turnip, nearly a head of celery, 1 blade of mace, 6 cloves, a bunch of savoury herbs, seasoning of salt and pepper to taste, 3 lumps of sugar, 3 quarts of boiling soft water. It can be flavoured with ketchup, Leamington sauce, or Harvey's sauce, and a little soy.*

*Mode.*—Slightly brown the meat and ham in the butter, but do not let them burn. When this is done, pour to it the water, put in the salt and as the scum rises take it off; when no more appears, add all the other ingredients, and let the soup simmer slowly by the fire for 6 hours, without stirring it any more from the bottom: take it off, and pass it through a sieve. When perfectly cold and settled, all the fat should be removed, leaving the sediment untouched.