

Soups and Stews.

Baked Soup—One pound of any kind of meat, any trimmings or odd pieces; two onions, two carrots, one ounce rice, one pint split peas, pepper and salt to taste, four quarts of water. Cut the meat and vegetables in slices; add to them the rice and peas; season with pepper and salt. Put the whole in a jar, fill up with the water, cover very closely and bake for four hours.

Stewed Brisket of Beef—Seven pounds of a brisket of beef, vinegar and salt, six carrots, six turnips, six small onions, one blade of pounded mace, two whole allspice pounded, thickening of butter and flour, two tablespoonfuls of catsup; stock, or water. About an hour before dressing it, rub the meat over with vinegar and salt; put it into a stew-pan, with sufficient stock to cover it (when this is not at hand, water may be substituted), and be particular that the stew-pan is not much larger than the meat. Skim well, and when it has simmered very gently for one hour, put in the vegetables, and continue simmering till the meat is perfectly tender. Draw out the bones, dish the meat, and garnish either with tufts of cauliflower or braised cabbage cut in quarters. Thicken as much gravy as required, with a little butter and flour; add spices and catsup in the above proportion, give one boil, pour some of it over the meat, and the remainder send to table in a tureen.

Soup without Meat—Four ounces butter two ounces sliced, two heads celery, two lettuces, a small bunch parsley, two handfuls spinach, three pieces of bread crust, two blades mace, salt and pepper to taste, the yolks of two eggs, salt and pepper to taste, the yolks of two eggs, three teaspoonfuls of vinegar, two quarts water. Melt the butter in a stew-pan, and put in the onions to stew gently for three or four minutes; then add the celery, spinach, lettuces and parsley, cut small. Stir the ingredients well for ten minutes. Now put in the water, bread, seasoning and mace. Boil gently for one and a-half hours and at the moment of serving beat in the yolks of the eggs and the vinegar, but do not let it boil or the eggs will curdle. Time, two hours.

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