

SELECTED RECIPES.

TO BAKE A HAM.—As a ham for baking should be well soaked, let it remain in water for at least 12 hours. Wipe it dry, trim away any rusty places underneath, and cover it with a common crust, taking care that this is of sufficient thickness all over to keep the gravy in. Place it in a moderately-heated oven, and bake for nearly 4 hours. Take off the crust and skin, and cover with raspings, the same as for boiled ham, and garnish the knuckle with a paper frill. This method of cooking a ham is, by many persons, considered far superior to boiling it, as it cuts fuller of gravy and has a finer flavor, besides keeping a much longer time good.

TO BOIL A HAM.—In choosing a ham, ascertain that it is perfectly sweet, by running a sharp knife into it, close to the bone; and if, when the knife is withdrawn, it has an agreeable smell, the ham is good; if, on the contrary, the blade has a greasy appearance and offensive smell, the ham is bad. If it has been long hung, and is very dry and salt, let it remain in soak for 24 hours, changing the water frequently. This length of time is only necessary in the case of its being very hard. Wash it thoroughly clean, and trim away from the underside all the rusty and smoked parts, which would spoil the appearance. Put it into a boiling-pot, with sufficient cold water to cover it; bring it gradually to boil, and as the scum rises, carefully remove it. Keep it simmering very gently until tender, and be careful that it does not stop boiling, nor boil too quickly. When done, take it out of the pot, strip off the skin, and sprinkle over it a few fine bread raspings, put a frill of cut paper round the knuckle, and serve. If to be eaten cold, let the ham remain in the water until nearly cold: by this method the juices are kept in, and it will be found infinitely superior to one taken out the water hot; it should, however, be borne in mind that the ham must *not* remain in the saucepan *all* night. When the skin is removed, sprinkle over bread-raspings, or, if wanted particularly nice, glaze

it. Place a paper frill round the knuckle, and garnish with parsley or cut vegetable flowers. *Time*—a ham weighing 10 lbs., 4 hours to *simmer gently*; 15 lbs., 5 hours; a very large one, about 6 hours.

A GOOD FAMILY SOUP.—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, $\frac{1}{2}$ teacupful of rice; salt and pepper to taste. 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 parts 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.

GRAVY SOUP.—4 lbs. of shin of beef, a piece of the knuckle of veal weighing 3 lbs., a few pieces or trimmings of meat or poultry, 3 slices of nicely-flavored lean ham, $\frac{1}{4}$ lb. of butter, 2 onions, 4 carrots, 1 turnip, near a head of celery, 1 blade of mace, 6 cloves, a bunch of savory herbs, seasoning of salt and pepper to taste, 3 lumps of sugar, 5 quarts of boiling soft water. It can be flavored with ketchup, Leamington sauce, or Harvey's sauce, and a little soy. 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, which serves very nicely for thick gravies, hashes, &c. The flavorings should be added when the soup is heated for the table.