

Spiced Plums (2012-2.006 pdf)

Wipe the plums, cut in half and take out the stones. To every pound of fruit take ½ lb. of brown sugar. To every ten or even fifteen lbs. of fruit take 1 oz. allspice, 1 oz. cloves, 1 oz. cinnamon, ½ oz. of mace. The spices must be whole. Mix the sugar with vinegar; boil it and pour it hot over the fruit. Let it stand until the next day. Then drain off the syrup and put it on boil with the spices. Let the syrup boil for some time and then put in the fruit and cook until done.

Spiced Cantaloupe

Take off the rind and remove the seeds of the cantaloupe; then cut in pieces and place in a bowl. To every 4 lbs. of cantaloupe take 1 ½ cups of good vinegar. Put the vinegar on to boil and when boiling hot, pour it over the cantaloupe. Let it simmer until the next day. Then strain off the liquid and add 4 lbs. of sugar, a handful of stick cinnamon, ½ oz. of cloves, ½ oz. of allspice and let all boil together until preserved sufficiently.

Stews

To Stew Oysters

Clean 100 oysters in their own liquor; then strain the liquor to scald them in. Drain the oysters well, take ½ pt. of cream, ¼ lb. of butter and 2 small teaspoonfuls of flour. Season with cayenne and whole black pepper. Salt the oysters before you cook them. Then partly cook the dressing before you put it in. Then stir until the oysters are pretty well cooked. Add a little mace as an improvement.

To Stew a Knuckle of Beef

Wash it well and rub it with sweet marjoram, sweet basil, thyme, a small onion, chopped, cayenne pepper and salt. Put a little lard in the pot and when boiling hot flour the meat and put it in the pot to brown, turning occasionally. Then put in 2 or 3 quarts of water and let it stew 3 hours. When done, take all the bones out and place the meat on a dish. Make a gravy and pour over it. Garnish with parsley.

White Fricassee

Wash the chickens; cut them up and parboil them until tender in milk and water. Then take them out, wipe the pot, put in the milk, salt, red pepper and then the chickens. Work up some butter and flour and stir in mace if you wish. Let it boil a little and dish it up – stir often.

To Stuff a Piece of Corned Beef

Cut the beef in many places and stuff it with bread and butter well seasoned with pepper, salt, sweet basil, summer savory and thyme – then tie it up and boil it in a cloth. It is much better not to cut it until cold.

To Make Ragout

Take some mutton (say a breast or neck) and cut it into small pieces. Put it in to stew slowly without water (or a very little). Let it stew 2 ½ hours; when nearly done, put in parboiled carrots, cut into small pieces, sweet

marjoram, thyme, parsley, pepper and salt to taste. Add potatoes cut into small pieces. When done, skim off the fat and make the gravy.

Oyster Pie

Take 100 oysters and clean them well from the shell. Season them with pepper and salt if required; then add about 3 blades of mace and 16 cloves pounded fine. Put your paste round the dish and then put in the oysters. Boil 4 eggs hard, chop the yolks fine with a few crumbs of bread. Sprinkle this over the top with a few lumps of butter and then fill the dish nearly full with the liquor (strained). Cover it with the paste and make any ornaments you wish.

To Make Drawn Butter

¼ lb. of butter, 2 teaspoonsful of flour well rubbed together, 2 tablespoonsful of cream, 4 of boiling water. To be simmered together for five minutes. Do not let it boil.

Mock Oysters

Take 6 ears of new corn, grate and scrape them well; beat 1 egg perfectly light and add 1 spoonful of wheat flour, 2 of cream and a little pepper and salt. Mix it well together and fry in butter.

Terrapins

Put your terrapins in boiling water and boil then until tender, allowing a teaspoonful of salt to each one. When the flesh becomes so tender that you can pinch it off, take them out of the shell. Remove the ??? bag and the gall, which you must be careful not to break as it would make the terrapin bitter. Cut up all the other parts of the inside with the meat, but not too small and seasoned with mustard, equal proportions of black and cayenne pepper and salt. Put all into a stew pan with the juice liquor they have given out in cutting up and the top shell of water for each terrapin being cooked. To one large terrapin allow ¼ lb. of butter, divided into pieces and rolled in flour, 1 ½ glass of Madeira wine, the yolks of 2 eggs, which must be beaten and not stirred in until the morning before going to the table. Stew gently until everything is tender and serve it up hot in a deep dish closely covered. When cooking several together, it is not necessary to put in as much as a shell of water to each one. I generally boil the eggs hard and then mix the yolks with the dressing. Remember to brown the flour and to put in a good quantity of mustard.

Aunt Williams