

THE WIFE'S HELP  
TO THE HUSBAND'S COOKERY



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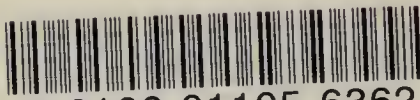


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THE WIFE'S HELP  
TO  
INDIAN COOKERY.

‘Hic labor, hoc opus est.’

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# The Wife's Help to Indian Cookery:

BEING A

*PRACTICAL MANUAL FOR HOUSEKEEPERS.*

Compiled and Edited

BY

W. H. D A W E

ASSISTANT-SECRETARY TO THE BOARD OF REVENUE, NORTH-WESTERN PROVINCES,  
ALLAHABAD, INDIA.



'She riseth also while it is yet night, and giveth meat to her household.'

PROV. xxxi. 15.

LONDON :

ELLIOT STOCK, 62, PATERNOSTER ROW, E.C.

1888.



S.14386.



Dedicated  
TO  
CHARLES PAGET CARMICHAEL, Esq., C.S.I.,  
BENGAL CIVIL SERVICE.

THIS officer retired on 7th March, 1884, after rendering faithful service to his country—in India—for thirty-five years.

His large personal acquaintance with the country, his influence and popularity with the people, and his familiarity with their language, has made his name a household word among Anglo-Indians and Natives alike.

To this distinguished officer I respectfully inscribe my compilation, as a memorial of regard and esteem.

W. H. DAWE.

Dilkhush,  
Smarden, Kent,  
20th August, 1888.



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### ERRATA.

Page 23, line 4, *for* '9 dwts.' *read* 'o dwts.'

Page 89, line 23, *for* 'Zlma-Gosht' *read* 'Qlma-Gosht.'

Page 96, line 12, *for* 'loin of mutton' *read* 'loin of pork.'

## P R E F A C E.



‘ Nothing is so Lovely in Woman as her Study of the Household.’

THIS work is designed to be a Guide, and it affords opportunities of gaining information, especially in the Art of Indian Cookery. As the chief promoter of man’s happiness is woman, it should be in the hands of every Female Economist ; the most enlightened will find some useful hints in its pages.

The Compiler, an Anglo-Indian, has had the advantage of intercourse with those best experienced in the subject, and is indebted to several Anglo-Indian families, to whom he tenders his best thanks for the many rare and useful Recipes herein introduced.

The store of useful information it contains makes it a very desirable Reference-Book, and a most valuable Gift-Book.

The recipes have been carefully selected, and have been compiled with the view of meeting the requirements not only of Residents in India but of English and Anglo-Indian Families at Home, who will find in it reminiscences of olden days.

It teaches Habits of Economy, the way to turn everything in Household-affairs to the *best* account ; these are among the things which every Mother should teach her Daughters.

It is adapted for constant use, not merely for one year, but for many years ; a Compilation of permanent reference, an everyday Book in the hands of a careful House-wife.

‘ All Books of Cookery, all helps of Art,  
All critic learning, all commenting notes,  
Are vain, if void of genius thou wouldst cook !’—OLD WRITER.

INDIAN DOMESTIC TROUBLES.

'WHO, when I've found a friend to dine,  
Declares we drank both flasks of wine,  
Though half, I know, was left in mine?  
My Khidmatgár.

Who evermore to fool me tries,  
And tells my wife a pack of lies,  
And charges *twice* for all he buys?  
My Khánsámáh.

Who smokes my food and cribs my tea,  
Or sends the *second* brew to me,  
And cooks in *fat* instead of Ghee?  
My Bávarchí.

Who takes good care no stranger tries  
To cheat me of a single pice,  
Yet steals himself before my eyes?  
My Behrá.

Who sits and claims each joint of bone  
That leaves my table as his own,  
And fat and lazy now has grown?  
My Méhtár.

Who beats my shirts to ribbons fine,  
And changes (why, I can't divine,)  
Old Jones's trashy things for mine?  
My Dhobí.

Who with my horses' Gram makes free,  
Deducts one seer from every three,  
And sells the balance back to me?  
My Saís.

Who wakes me from my slumbers deep,  
 As bawling loud, the house he'll creep,  
 To tell all thieves that Sáhíib's asleep?  
 My Chokídár.

Who bathes me every day, full well,  
 In soap obnoxious to the smell,  
 And marks me so, my chin can tell?  
 My Hajjám.'

\* \* \* \* \*

Who try me fifty times a day,  
 Till wrath and passion get their way,  
 And what I'd do—'tis hard to say?  
 My Servants.



# ENGLISH AND INDIAN EXCHANGE\* TABLE

From 1s. 4d. to 1s. 6d.

AMOUNT.	1s. 6d. per Re.		1s. 5 <sup>3</sup> d. per Re.		1s. 5 <sup>1</sup> d. per Re.		1s. 5d. per Re.		1s. 4 <sup>3</sup> d. per Re.		1s. 4 <sup>1</sup> d. per Re.		1s. 4d. per Re.	
	Rs.	A.	Rs.	A.	Rs.	A.	Rs.	A.	Rs.	A.	Rs.	A.	Rs.	A.
£														
1	13	5	13	11	13	15	14	2	14	9	14	12	15	0
2	26	11	27	7	27	13	2	4	28	11	29	8	30	0
3	40	0	41	2	41	12	42	6	43	0	43	4	45	0
4	53	5	54	1	55	10	56	8	57	5	58	3	59	1
5	66	11	67	10	69	9	70	9	71	10	72	12	73	13
6	80	0	81	2	83	8	84	11	85	15	87	4	88	9
7	93	5	94	10	97	6	98	13	100	5	101	13	103	6
8	106	11	108	3	109	11	112	15	114	10	116	6	118	2
9	120	0	121	11	123	7	127	1	128	15	130	15	132	14
10	133	5	135	3	137	2	141	3	143	5	145	7	147	11
20	266	10	270	6	274	4	282	5	286	9	292	14	295	6
30	400	0	405	10	411	6	423	8	429	13	436	5	443	1
40	533	5	540	13	548	9	564	11	573	2	581	13	590	12
50	666	10	676	0	685	11	705	14	716	6	727	4	738	7
100	1,333	5	1,352	1	1,371	6	1,411	12	1,432	13	1,454	8	1,476	14
														1,500

\* Another 'Domestic Trouble'!



# Wife's Help, and the Housewife's Friend ;

OR,

## INDIAN COOKERY MADE EASY.



### CHAPTER I.

#### ON DIET IN INDIA.

THE Irishman and the Hindú can live and thrive on a dietary almost entirely vegetable—the one on potatoes, the other on rice—although inhabiting very different climates. But in both countries the amount of vegetable food required to sustain life is very great, especially in the colder climate. It has been proved that an Irishman wants many pounds weight of potatoes with milk to keep him in health. The quantity of rice consumed by the Asiatic, although less in proportion, is also very great. Medical men maintain that in India Europeans consume double the quantity of meat that is absolutely necessary ; in fact, that they live almost exclusively on animal food. The three staple kinds of food are exemplified by bread, meat, and vegetables, and a man does not reach his full development of health and strength unless the three are blended in his dietary as nature evidently intended they should be blended. The undue consumption of animal food is only permissible in intensely cold climates, in order, we presume, that the consumer may, by the organic combustion of its carbon and hydrogen, create the heat he requires to resist the bitter cold. Here we see the very order of things reversed. No such heat is required in

India, and yet the consumption of animal food by Europeans is equally as much, which undoubtedly proves that were a small amount of animal food taken, instead of so great a quantity, the true wants of the economy would be much better and easier supplied. Breakfast without meat would, to an Anglo-Indian, be no breakfast at all. Tiffin, or lunch, is equivalent, if not superior, to the one o'clock dinner of the middle classes at home. Dinner—ah, well ! no need to discuss last night's bill of fare. It would, perhaps, impair current appetite, and deter us from doing justice to the dinner in prospective. Strange to say, we—that is, the great majority—consider this indulgence in animal food absolutely necessary to even ordinary existence ; whereas medical authority furnishes undeniable statistics to prove the contrary. It may be urged that Indian are so inferior to English vegetables, that meat is necessary to satisfy, not only the palate, but also the appetite of even the least fastidious of gourmands. Granting the vegetables to be inferior, we doubt whether England could produce a greater variety, and that is a great point in the argument. It cannot be denied that eating and drinking is far from being observed as an art in India. Dinners are disfigured by a useless proportion, an absurd piling together of dishes, and no single guest ever makes acquaintance with more than half the good things offered to him. It may, no doubt, be urged on the other side that it is well to provide a variety from which a judicious selection may be made ; but amid an excessive variety the will is puzzled and the judgment confused.

## CHAPTER II.

### ON PURIFYING WATER.

IT is impossible to over-estimate the need of care about the purity of water we use, not only for drinking purposes, but to make our food with. Water is, more or less, a solvent of every substance with which it comes in contact. It impregnates itself with the bad as well as the good. Water carries the nourishing properties of the food we eat into the blood, and along all the arteries and veins in our bodies. It is through the agency of water that the constant changes are being effected in our systems, whereby they are kept pure, and fresh, and healthy.

Thus the benefits that accrue from pure water—Sáf Míthá Pání—are invaluable, and cannot be overrated—in India particularly.

A good filter in every household is of the very utmost importance. In almost all cases the water supplied to houses by the Bhisti, or water-carrier, is not so good as it ought to be, and in ninety-nine cases out of a hundred, where people adopt means for filtering and purifying it, it is only the drinking-water they so treat, and not that used for making tea and coffee, and for cooking purposes. Such a procedure is very absurd. If you find the water in any way impure, do not be content with filtering that which is intended to be drunk merely, but all that is used in the house, except, of course, that intended for bathing and cleaning purposes.

A simple and efficient filtering and purifying machine is easily made as follows : Suspend two common (native) porous chatties in a framework of wood or bamboo, one over the other. Each chatty, or Ghará, should be large enough to contain several gallons ; a small hole must then be made in the bottom, large enough for a pea to pass through ; fill this up with a bit of rag or cloth loosely ; then place in each chatty a layer of charcoal, or Koelá, coarsely pounded, then a layer of fine river-sand, or Bálú ; do this alternately until the vessels are half filled. When ready to receive the water for filtering, a large jar, or Jálá, must be placed underneath to catch the water as it drips through. Then fill the upper vessel with water, and it is ready for use. The thickest water will pass through this filter perfectly free from impurities, and be found pure and limpid. If the water runs through too fast, the rag or cotton in the hole must be screwed a little tighter. It will be necessary to renew the charcoal and sand occasionally. A quick and easy method of clearing water is by using a solution of alum, Phitkirí, or by stirring a little alum on the surface ; in a few hours the water will be found perfectly clear, the alum sinking with the residue to the bottom of the vessel. The native method of purifying water is with a nut called ' Nirmulee,' which they rub over the inside of the chatty previous to filling it with water, when all the impurities sink to the bottom.

Rain-water is the purest of all for drinking purposes—that is, after it has been filtered.

## CHAPTER III.

## ON INDIAN SERVANTS.

THE faults and shortcomings of Indian servants—the Naukar-Chákar Log—appear to be a general source of complaint amongst all, both with the new-comer on his arrival and the long resident—the complaint is universal : laziness, falsehood, dishonesty, and innumerable other vices seem to be innate in them. The fault, however, is not wholly on their side ; the master and mistress—the Sáhib and Mem-Sáhib—are often much to blame. It is a very great mistake to take a servant on the recommendation of a written character only, without ascertaining whether the bearer is the person alluded to, or how he became the possessor of it. Most frequently these characters, or 'Chitthis,' are borrowed ; or they are often written for the occasion by persons who earn their bread by writing characters for any applicant who will pay them a few annas.

The master or mistress should be careful, too, in giving characters. It is a great mistake, and really false kindness, to give a servant a better character than he deserves, or to suppress the real cause of his being sent away.

Every native servant (being more or less naturally indolent and careless) requires strict supervision to have your work satisfactorily performed. It is better to have as few servants as possible ; the more you have the less work will be done, and the more will you be cheated and robbed. Never let servants see that you are too partial to them ; they immediately jump to the conclusion that they are necessary to you, and that you cannot do without them, and, native like, they will at once show their ingratitude by robbing you and becoming careless and lazy, under the impression that they will not be suspected of dishonesty, and that their negligence will be viewed leniently. Whenever you engage new servants, always make an agreement with them, that if they destroy anything through culpable carelessness, or lose any article under their care, they must replace it or pay its value ; and if they leave your employ abruptly, without your consent, they must forfeit any wages that may be due to them.

Such agreements should be made in presence of two or three other servants, and the new man should be requested to sign

his name, or you write it for him and let him make his mark opposite it in your account-book. By following this rule with all your servants you will be spared much trouble, and they will not have it in their power to cheat or annoy you through the Small Cause Courts.

Pay your servants regularly every month. Allowing their wages to fall into arrears will eventually press heavily upon you, make your servants dissatisfied, and lead them to pilfer.

Native servants, nurses especially, are much addicted to inventing falsehoods, and carrying tales, not only about their fellow-servants, but about former employers, in order to curry favour with their new ones, and in this way they sometimes cause a great deal of mischief among neighbours. Employers should set their faces sternly against this practice.

Never allow your children to mix too much with the servants. Bad habits are dropped into by such close associations, and many European children have been laid in their graves, or suffered considerably, through the neglect of parents in this respect.

It is an expensive and useless custom to give dresses to your servants ; but this is, of course, a mere personal matter of consideration. The only class generally requiring a livery are your Saís, Kochwán, and Jhampanese in the hills ; they, however, need little more than a uniform, turban, and belt, but you must insist upon their appearing in clean clothes when in attendance. In managing servants, keep your temper and never scold. Point out errors and omissions and all wrong-doing gently ; look after their comforts and interests, and endeavour to attach them to you, so as to render you honest and dutiful service. Lastly, do not commend their well-doing grudgingly ; encourage them with a few kind words of approval whenever there is a cause. To be always fault-finding would spoil the best servant. If people could only see the ridiculous figure they make when in a towering rage, the chances are that they would contrive to keep their temper rather more within bounds. Instruct, reprove, admonish as much as may be necessary ; give warning, or if need be turn the worthless out of the house ; but never descend to scolding or to the use of rude or harsh language. To fly into a fury about broken plates or overdone mutton is to show a want of mental composure that few would like to have described in its proper light and called by its proper name.

## CHAPTER IV.

## ON THE INDIAN COOK.

LOW-CASTE Hindús make the cleanest and best cooks as a rule. Mahomedans are more careful of their dress, but the greater par of them are very dirty in their habits, immoral characters, and much more given to peculation and lying than the Hindús.

Every cook, or Bawarchí, requires to be well looked after, and should be made to keep his cooking utensils perfectly clean. He should be kept well supplied with Jhárans, or dusters, for cleansing and wiping pots and pans ; and also with a sufficient number of a rather better description for straining soups, jellies, etc. He should be required to keep the cook-house in order and perfectly clean, and the vessels dry and ready for use.

If you should perceive any sores about the hands of your cook, make him furnish a substitute immediately, and do not allow him to work for you again until he is perfectly recovered.

It is a good plan to keep yourself well informed of the prices of all articles of food in the bazaar. All provisions should be kept under lock and key, and the cook made to take out what is required for daily use in your presence. The Ghee especially should be looked after. About four Chittacks daily is quite enough for a family consisting of four or five persons, and at times when you have no stews or curries about two Chittacks will be found sufficient. If possible, purchase your joints yourself, or at least keep yourself acquainted with the market rates. You will be a no inconsiderable gainer by taking these (always necessary) precautions.

Do not quarrel with a good cook if his only fault be that of eating from your kitchen ; all cooks will do this, and a good one will eat no more than a bad one.

## THE 'KHÁNSÁMÁ,' OR HEAD TABLE-SERVANT.

This man's work is to lay the cloth, attend table, remove the cloth, and look after the cleanliness and safe custody of the spoons, forks, knives, plates, etc. He must know how to prepare coffee and tea, toast, eggs, biscuits and jellies. Tea and sugar should be kept under lock and key, and when in use the Khánsámá should not be allowed to carry the caddy or canister into side rooms out of your sight. All Khánsámás and Khid-



matgárs (waiters) will steal sugar to eat, and will sell your tea in the bazaars if not well looked after, and liquors are also a great temptation to them.

## CHAPTER V.

### ON THE KITCHEN.

THE Bówarchi-Khána, or kitchen, should be commodious, light, and airy. There should be every convenience in the shape of shelves, etc., for keeping all utensils and other necessaries requisite for kitchen use in proper order.

Every part of the Bówarchi-Khána should be scrupulously clean ; not only the vessels and pans in daily use, but the ceiling, floor, walls, and every nook and corner should be kept constantly broomed out, the 'Mihtar,' or sweeper, being called in occasionally with his Jhárú (broom), to assist the cook in the work of a thorough turn-over.

The cook should be well supplied with large earthen jars, or Jálás, for water. The drainage should be well constructed and often attended to. There should be a sufficient incline to carry easily away all washings and offal, and the windows and doors provided with finely-made 'bamboo-chicks' to keep off the flies, which at some seasons are more troublesome than at others. The Mem-Sáhib, or mistress of the house, should make it her duty to pay frequent visits to the kitchen, when any disorder or uncleanliness can be pointed out.

Ovens and fireplaces are better constructed of fire-bricks ; the ordinary clay-bricks so frequently used require constant repairs, to the great annoyance of the cook and hindrance to his work.

## CHAPTER VI.

### ON KITCHEN UTENSILS.

THE following utensils, or Asbáb, are absolutely requisite in every kitchen, or Bówarchi-Khána. In order that European house-keepers may the more easily understand the requirements of the cook, we are careful to use terms generally understood by native cooks, servants, and Dukáudárs—bazaar shopkeepers.

One Sil, or curry-stone and muller, for grinding curry ingredients and spices.

One good-sized fish-kettle, or Machlí-Ketlí.

A large ham-boiler, or Bará-ubálnewalá Ká-bartan, for boiling large joints, such as rounds or briskets.

A fair-sized wrought-iron stock-pot, or Shorbá-degcha, with tap and strainer, for soups.

Two iron spits, or Kabáb Síkhs, for roasting poultry or joints of meat.

A set of copper curry or stewpans, Degchas, with covers, or Dhakní.

A couple of Degchas for boiling milk, custard, etc.

A Kulhárí, or axe, for chopping wood.

Two large iron kettles, or Lohá Pání-phútná Ketlí, for boiling water in.

Two small ones for the like purpose.

Three copper frying and omelette pans, or Karháis, of different sizes.

One cocoanut-scraper, or Nariyal Katarni.

One spice-box, or Garm-Masálih Sandúk.

An iron stove, or Angíthí.

Half-dozen iron wire dish-covers, Bartan Dhaukní.

A good English chopper, Bhari-chápar.

A cook's knife and fork, or Báwarchí-Khána Chhúrí, Kántá.

Half-dozen common steel forks, or Kántás.

Half-dozen common, and wooden spoons, or Chamchá.

Half-dozen iron or plated skewers for curries, or Sikh-Kabáb.

Two wooden churns, or Ghutnís.

Half-dozen palm-leaf fans, or Pankhás.

Four blowpipes, or Phukní.

Half-dozen Chhanní strainers or colanders of various sizes.

A mincing machine, or Mahín-Kátná Kal.

A large pastry-board and two rolling-pins, or Belan.

A kitchen table, or Mez.

A wooden tub for salting meat, or Namak-Kathrá.

Half-dozen jelly moulds, or Jelí Sánchá.

A coffee-mill, or Chakkí.

A set of scales and weights, or Taulná Taráztí Ser.

A meat safe, or Dolí.

A store almirah, or Godám Almárí.

A supply of enamelled plates, soup-plates, and bowls, or Básan Píyála.

One suggestion is of some importance—viz., sweepers, cats, and dogs have no business in the kitchen. The sweeper, or

Mihtar, should only be admitted before the work of the day has commenced or after its termination.

The greatest possible care should be observed in seeing that the copper utensils (which are preferable) are perfectly tinned at least every three weeks or month. Inattention to this important matter often leads to serious attacks of colic or cholera. Each vessel should be well scoured and washed clean daily.

Charcoal, or 'Koelá,' should, if possible, be used for all cooking purposes, unless it be for boiling large joints of meat, requiring some hours of steady flaming fire.

## CHAPTER VII.

### ON ROASTING.

THIS is only to be learned by practice. Roasting meat, though one of the most common modes of dressing it, is by no means an easy task. Its perfection lies in the joint being thoroughly dressed, the juices all retained and fragrant, the outside of a savoury brown appearance, and the fat not melted away. Instead of which the joint is too often sent to table nearly raw, or dried up till there is scarcely any gravy in it. The Bawarchí should prepare his fire some little time before putting the meat down; it should be so good as not to require making up during the time that the meat is roasting, and should be sufficiently large to be of an equal strength all the time the meat is dressing. A little practice will soon ensure success in this respect. The spit, or Sikh, must be thoroughly clean, and it should be remembered that the less appearance of its having passed through the joint the better and nicer the meat will look when served. Previous to putting the joint on the spit, if a neck or loin, let the cook carefully joint it, and divide the bones, so that when served at table the carver may be able to help either without trouble. A good supply of skewers and strings is necessary, to enable the joint to be properly fixed on the spit, and to keep it nicely balanced whilst turning. Any ashes falling on the meat should be at once removed, or it becomes tainted with the smoke arising from the fat falling on the live cinders, and the dripping becomes discoloured. The joint should at first be placed at some distance from the fire, and basted from time to time. If put too near the fire at first, it becomes scorched and hard, giving the meat a disagreeable flavour. This is often the case where it is dressed over an

imperfect fire, with green wood, and in the open air—a consequence not always to be avoided by a sojourner in the East. When the meat is half done it should be moved gradually nearer to the fire to be browned. Baste the meat very frequently ; the more it is basted the better it will eat. When nearly done the joint may be lightly dredged with flour, which will give it a savoury brown appearance termed frothing. A *very* little salt may also be sprinkled on it, but not till it is just ready to be dished up, as salt draws out the gravy. If preferred it may be sprinkled over with bread-crumbs, dried sweet herbs, and various other ingredients.

About the usual time allowed for roasting is a quarter of an hour or twenty minutes for each pound of meat, but much depends on the state of the fire, the size of the joint (meat fresh killed takes longer to roast than when it has been kept), and the attention paid to basting, which, while keeping the meat moist, renders the action of the fire more powerful upon it. When the meat has been taken up, the fat which has dripped from it should be poured into a clean basin, previously dipped in cold water. It must be left till next day, when beneath the fat at the top will be found a fine meat jelly, fit for gravies, etc.

## CHAPTER VIII.

### ON BOILING.

THIS process, though simple in itself, is very seldom nicely accomplished, even by cooks who consider themselves proficient in their art. The native cook, or *Báwarchí*, seems to think that all that is necessary is to put the meat into a saucepan, covered with water, and there leave it until it is supposed to be sufficiently done, when it is dished up and sent to table often unfit to be eaten, and all for want of a little common attention to a few ordinary rules.

If the process of boiling be properly carried through, the meat is rendered more soluble, without being deprived of its nutritive qualities. Joints to be boiled should be washed very clean, and skewered into nice shape ; they should then be put into the saucepan, and covered well with *cold* water. (*Fresh* meat should, however, be put into hot or boiling water.) The saucepan should be kept covered all the time, only removed for the cook to skim the pot. All meat must be boiled as slowly as

possible, and well skimmed, which will give it a clean, delicate appearance.

There is sometimes a danger, if the joint be large, of its adhering to the bottom of the pot ; to prevent this a few wooden skewers can be placed under the meat.

To preserve the whiteness of the meat, the joint can be boiled in a well-floured cloth, or some cooks boil it in broth, but this is expensive, and not necessary for ordinary use.

The time allowed in general for boiling is a quarter of an hour for every pound of meat from the water first coming to the boil ; but a leg of pork or lamb requires a quarter of an hour or twenty minutes above that allowance. Veal, pork, and all young meat should be thoroughly well dressed, beef and mutton a little underdone. It is important to skim the pot very carefully, as the scum which arises, if boiled down again, tends to discolour the meat. The liquor in which the meat has been boiled can be made into very good soup.

Vegetables should be dressed by themselves, with the exception of carrots and parsnips, which may be boiled with beef.

The fire should be so moderated that the contents of the boiler or stewpan shall simmer gently ; if the water is allowed to boil fast, the meat becomes tough and hard, and indigestible. The meat should never be allowed to remain in the water after it is sufficiently done.

Let the inside of every boiler, saucepan, and stewpan be kept so clean that it may be wiped with a white cloth without soiling it in the least ; you will never be successful, however closely a recipe may be followed, unless the greatest attention be paid to this rule.

## CHAPTER IX.

### ON FRYING.

As in previous chapters, the cleanliness of the pan is the first thing to be considered before any recipe can be satisfactorily carried out. To ensure this a little Ghee or butter may be fried in it, and the pan then wiped out thoroughly. Have a bright, clear, brisk fire, put plenty of fresh sweet Ghee or butter into your pan, and let it become boiling hot before putting the meat into it. The ordinary rule is that a sufficient quantity of fat must be heated in the pan to cover the steak or whatever is to be fried—

frying being actually boiling in fat instead of water. Chops, as a rule, have fat enough in themselves, and do not require any Ghee in the pan with them : they should be often turned to prevent burning. Veal and lamb cutlets should be cut in neat small pieces, about half an inch in thickness ; they should be egged and breadcrumbed twice to look well. Steaks should be cut about three-quarters of an inch thick ; they may be peppered, and when dressed a little salt may be sprinkled lightly over them. Cutlets *à la Maintenon* are fried in buttered paper-covers.

## CHAPTER X.

### ON BROILING.

THIS is a wholesome and nutritious method of preparing animal food, and one particularly suited to invalids. Broiled meat is considered more juicy and palatable than when either roasted or baked, and is said by medical men to contain more un-coagulated albumen, gelatine, and other chemical substances cooked in this way than in any other form. Much care, skill, and niceness, however, are required to broil properly. A clear, brisk fire is necessary to prevent the escape of the juices from the interior of the meat. The gridiron must be clean, well heated, and rubbed over with a little suet (mutton is preferable) before the meat is put on it. Broil gradually, and remove the instant the meat is sufficiently cooked. The gridiron should be held slopingly over the fire to allow the fat to run off to the back of the grate and to prevent a blaze, which would smoke and discolour the meat. Mutton chops and beefsteaks should be rather lightly dressed, but pork and lamb should be well cooked. The grill should be served the moment it is done, and as hot as possible.

If the meat does not yield as much gravy as is desired, a thick piece of gravy-beef can be broiled, sprinkled with salt and scored with a knife, which will give a sufficient quantity of gravy. It is a good plan to strew a handful of salt on the top of the fire before putting on meat or fish to broil.

## CHAPTER XI.

### ON ENTRÉES OR MADE DISHES (HASH, MINCE, STEWS, ETC.).

THERE are few things which require greater care and nicety than entrées or made dishes. Yet many a nice appetizing as

well as nourishing dish may be served with little or no expense—and great economy. ‘What is to be done with the cold meat?’ is a sentence often to be heard from the lips of the Mem-Sáhib, or housekeeper, who would like to economize the funds at her disposal. One of the first considerations is the gravy in which the meat for hash or mince is to be heated (not boiled). To make this : cut about 2 lb., or one seer, of shin of beef into thin slices, with a ham-bone or little lean bacon, flour them, and put into a stewpan, or degchá ; slice some onions fine, fry them a light pale-brown, but do not suffer them to get black, add two blades of mace and a little allspice and pepper, pour about two pints of water over the whole, and let it simmer for two hours, or until all the juices of the meat have been extracted. Skim the moment it boils, and occasionally after. This is better made the day before it is required. Mince should be served with rice, on the cooking of which there will be found many recipes hereafter. Minced cold beef will make delicious beef rissoles, and minced veal makes nice croquets or patties, with a flavouring of lemon-juice and peel, mace and nutmeg. Stewing is also a wholesome and economical mode of cooking ; it should be done over a regular fire, and constantly watched. A stew should be kept at a gentle simmer, and not allowed to boil. The cook should remember that boiling is not stewing.

As a rule the Bávárchí is a capital hand at turning out these tasty side-dishes.

## CHAPTER XII.

### ON SOUPS.

To succeed in sending good soup, or Shorbá, to table there should always be a supply of strong, excellent stock ready. This does not always require meat to be bought for its production. The water in which mutton or beef has been boiled, or the liquor left from dressing a calf’s head, or the bones taken from any boned joint, or poultry, will make excellent stock for a family soup. Bones contain a large amount of gelatine, and therefore add considerably to the strength and nutriment of the stock. Fish-bones will also produce a good jelly for it.

Have an Angíthí with charcoal brought in the veranda, or in a spare room. If you have no stock on hand, cut up some shin-beef into pieces, with the bones broken up ; add some onions and parsley, and cover the meat well with cold water.

Boil gently for about six hours, looking after it occasionally that it may not burn, and skimming frequently at first. While still hot strain it through a hair-sieve or Chhánní into an earthenware pan. A chicken, cut in pieces and boiled, is excellent. Soup should never be made with hard water ; of course, the less water, the more the soup is increased in strength and richness. Clear soup should be quite transparent, thickened soup only about the consistence of cream. Stock can be thickened with farinaceous food, barley, rice, tapioca, or macaroni. Remember that slow boiling, and retarding actual boiling as much as possible, are important points. Should the soup not be of a sufficiently dark-brown colour, you can add a spoonful or two of browning, which can be made with a piece of bread toasted very brown, and simmered for a short time in the soup, a little ketchup or burnt brown sugar, or some onions cut fine and fried a nice dark brown. Where there are delicate people, and for camping, or for the 'Shikárf,' a Warren's cooking-pot will be found an invaluable accessory. Enough meat is not allowed for soup in most houses in India : one shin-beef will make good soup for three people, but it will not do more than that. In families where economy is a consideration, the remains of roast meat may be used, treated in the same manner as fresh meat. No waste should be allowed. It is a good plan to have a stock-pot in constant use, and any remains of meat, bones, etc., put into it ; in this way a supply of soup may be always at hand. The stock-pot need never be allowed to be empty, as almost any meat (except salt meats) or fowls make stock ; and should too much stock be already in your possession, it can be boiled down to a glaze ; waste is in this way avoided. Great care should be taken never to allow servants to let soup stand in a copper saucepan which has not been properly tinned ; in this way it becomes impregnated with verdigris. Soup should always be stirred with a wooden spoon.

Vegetables to be added to soup should be well cleaned, washed, and picked. If you make soup of meat which has been already cooked, pour hot, but not boiling, water over it. It is difficult to give an exact measurement of seasoning, as the taste of people differs so greatly with regard to it. It is usual to add about a teaspoonful of salt to a pound of meat, and pepper according to taste ; some insipid broths or soups require more, very savoury soups less. Further on more detailed



recipes will be given for seasoning. Soup is always better made the day before it is wanted.

## CHAPTER XIII.

### ON VEGETABLES.

THIS subject is intimately associated with the art of cookery, and much might be said as to the various vegetables, their powers of nutrition, their wholesomeness, and their relative suitableness as articles of food. We will content ourselves, however, with giving a few useful hints as to their management in cookery.

All vegetables, or Sabzi, should be carefully cleaned from insects and nicely washed, picked over, and laid in cold water before being cooked.

The Bundha-Cobee and Phool-Cobee, or the cabbage and cauliflower, should be washed well in salt and water, to destroy the insects which often lurk behind the leaves. The stalks and loose, decayed, discoloured leaves should be removed, and the vegetables neatly trimmed; the Bundha-Cobee should be cut in halves for cleansing, then tied together again when boiled. The Phool-Cobee should be left head downwards in either salt and water or vinegar and water for about an hour before boiling; then the stalk cut across twice transversely, and the flower put into the degchí head downwards. Be sure the water boils when the vegetables are put in; they should be boiled very fast without the cover, and watched; when they begin to sink they are sufficiently cooked. They should be taken up the moment they are done, or the colour will change. Hard-water destroys the colour of vegetables and prevents their having a nice, green, fresh appearance.

The Alú, or potato, should be washed and brushed well before paring; peel thinly with a sharp knife and remove the specks and eyes. When potatoes are a bad colour it is generally due to their having been pared before being well washed and scrubbed. New potatoes should be thoroughly washed, then scraped with a sharp knife or rubbed with a towel. They should be cooked in cold water with a little salt, close covered and boiled slowly.

The Sakar-Kund, or sweet potato, makes a dainty, wholesome, and nutritious dish, and is frequently served up with roast duck.

The Brinjall or Bygun, the fruit of the Egg-plant, sliced and fried in Ghee, with a little curry ingredient, makes a tasty dish.

The three varieties of Pumpkin or Kaddú, Laukí, and Kõnhrá make excellent curries. Also the Pulwul and Kurrela, vegetable-fingers (Bhíndee), and celery, should be cooked in boiling water. Cooked celery is good for rheumatic persons.

Vegetables plainly boiled are generally eaten with meat, but vegetables form a delicious dish when eaten alone after the meat. Asparagus, artichokes, green peas, French beans, cauliflowers and tomatoes may all be prepared to form most agreeable dishes, which would be sure to be appreciated if people would only try them. Carrots, or Gajar, should be boiled in plenty of water and served with melted butter.

All vegetables will form an excellent curry called ' Chháchkí.

## CHAPTER XIV.

### ON OMELETTES.

IT is always best to use a proper utensil, with narrow, well-sloping sides. Care should be taken to have the pan perfectly clean before using. Where eggs can be obtained these are a great resource in making omelettes, for they can be varied in so many ways. It is best to *mix*, not to *beat*, the eggs. More than six should never be used. It is better to make two omelettes of six eggs each than one of twelve. Three eggs, mixed whole, make a nice-sized omelette. The pan must be ready to receive the mixture, for, if not hot enough, either the omelette will be tough and leathery, or you will have to mix it in the pan like 'scrambled eggs.' Immediately the Ghee ceases to fizz and looks of a brown tint the pan is ready. To make a good omelette, mix six eggs, yolk and white, into a basin or finger-glass, add a tablespoonful of milk or cream, a dessert-spoonful of butter cut into very small pieces, a tablespoonful of finely chopped onions, a little parsley, pepper, and salt ; stir all well together for one minute, and it is ready for frying. When pouring the omelette into the pan, instantly lift the part that sets at the moment of contact, and let the unformed mixture run under it ; it may be necessary to repeat this several times. Hold the handle of the pan in the left hand with a constant gentle see-sawing motion to prevent burning and to encourage rapidity in

setting. When sufficiently done and of a nice golden brown, turn on to a very hot dish. A minute is generally ample for the whole operation, if the pan was well heated before the mixture was poured into it. A little melted butter and chopped parsley (*Ajmod*) may be poured over the dish if desired. Grated cheese may be used to vary the omelette, or grated ham, tongue, anchovies, oysters, etc. Sweet omelettes can be easily made with any kind of preserve or jam.

A mistake frequently made by cooks is to overcook the omelette. When nicely done, the inside should be quite soft and almost liquid, while the outside is firm enough to hold it together and keep it compact. Omelettes should be eaten immediately, and on no account left standing in the dish after they are ready. No matter how light when finished, they will be heavy when cold. When skill has been attained in the art of making omelettes, additions and variations can be made to any extent, for it will be understood an omelette may be mixed with almost anything.

Sometimes with savoury omelettes gravy is served. This should never be poured over the omelette, but sent to table separately.

## CHAPTER XV.

### ON PASTRY.

THE first thing to be pointed out is the regulation of the heat of the oven, or *Tezjhal*; if this is not properly and carefully attended to, the best efforts will be unsuccessful. Really good pastry is often spoiled because the oven is insufficiently heated, and inferior pastry improved if at its proper temperature. Light and puff pastry requires a moderate heat, for if too great it will be burnt and not rise; but on the other hand, if too slow, it will be colourless, soddened and fallen. A brisk oven is required for raised pies. When tarts, pies, or cakes are glazed and returned to the oven, a moderate amount of heat alone is necessary to harden them. Most cooks are fond of making pastry, and, when successfully done, it is sure to obtain credit for the maker. Practice and a light cool hand are most necessary. Your materials should all be fresh and good; the coolest place in the house should be selected, and the flour must be thoroughly dry and finely sifted. A perfectly clean marble slab or smoothly

polished stone is the best to make it upon, or, if you do not possess either of these, the bottom of a large dish turned upwards answers very well.

The pastry-board or table must be kept thoroughly clean and dry, as also the Belná, or rolling-pin. Pastry is best made with butter, but sweet clarified dripping may be used for ordinary household purposes. The difference between the pastry for a fruit tart and the crust for a meat pie is too little understood, yet there is nothing more relishing than when both are properly made. A light hand is required to raise a crust nicely, and it should be touched as little as possible. Careful attention must be given to the directions for mixing, rolling, spreading the butter and flour over it. A little salt is necessary, about half a teaspoonful to half or three-quarters of a pound of flour ; if for rich crusts, a little finely-sifted sugar should be added.

## CHAPTER XVI.

### ON PUDDINGS.

THERE is more art in making a pudding than many people suppose. It is true that anyone *can* make a pudding, but everyone cannot make a *good* pudding. The following simple observations we hope will be helpful to some of our readers who are desirous of accomplishing this domestic feat. Puddings are most nutritious if properly made, whether they are mingled with fruit or with eggs plain. The only kind of dried fruit likely to produce indigestion is badly-done currants. They should be soft and pulpy to be safe. Good cookery is expensive in India, and nowhere are you so robbed of nourishing food. Even if you pay for good nutritious ingredients, natives will never put them in your puddings, while cheap concoctions are the 'dastúr.' They thicken all their puddings and custards with flour instead of eggs, make puddings with water instead of milk, use half the sugar necessary for their own consumption, and never put in more than two eggs if they can help it. Eggs should always be fresh, as the slightest taint spoils the pudding ; they should be thoroughly whisked. It will be necessary sometimes to beat the yolks and whites separately, but they should always be well beaten, or the pudding will be heavy. Boiled puddings require either a mould, basin, or pudding-cloth. For

the former it is better to have a close-fitting cover, and the inside must be well rubbed over with butter before putting the pudding in it. The cloth should always be dipped in boiling water, and then well floured on the inside. A pudding-cloth should be kept scrupulously clean, and in a dry place. The water should always be boiling when the pudding is put in, and continue to boil until it is done.

Bread puddings are best tied very loosely, as they swell very much in cooking.

The flour used should invariably be the best in quality, carefully dried and sifted.

The suet should be perfectly fresh, chopped small, and free from skin ; beef suet is the best, cut from the inner side of the loin, or round the kidney. Candied peel is a great addition to most puddings. It should be nicely and finely sliced, and well mixed with the other ingredients. The spices in general use for puddings are—ginger (*Adrakh*), nutmeg (*Jaiphul*), cloves (*Loung*), cinnamon (*Dal-Chín*), and allspice. These should be so used that the flavour of one shall not noticeably prevail over the others, freshly ground, and of superior quality. If you would be really successful in mixing a pudding, carefully follow the recipe. Do not think you can rightly judge of the quantity of an article by its weight in the hand. This is a very deceptive plan. Each article should be weighed exactly as recommended, and all the directions fully carried out as regards mixing and time requisite for cooking, etc., etc.

## CHAPTER XVII.

### ON MILK AND CREAM.

GOOD butter and cream (*Makkhan* and *Malái*) are not frequently seen in India, yet they are not difficult to procure. If you cannot keep your own cows (which is far the better plan) it is best to get a *Guálá* to bring his cows and to have them milked at your door. Watch the *Guálá* while he is milking, as they are very crafty in adulterating the milk. The milk should be immediately boiled and put into tins or wooden pans. If you have a dairy the utensils should be made of wood if practicable ; if metallic vessels they should be scalded every day and well scrubbed and scoured. The process of scrubbing should not be carried on in the close vicinity of the milk, but in

some other place. The dairy should be as well ventilated as possible, with sliding latticed windows. In the winter five Seers of milk will afford you about a finger-glass full of delicious Devonshire cream, but you will get less in the hot weather than in the cold. Butter is very apt to become rancid ; the addition of salt helps to keep it good, but it is ascertained that the more the buttermilk has been extracted the longer the butter will keep. Stale and fresh milk should never be mixed. Cream can be turned to use in many ways, in making dainty dishes, for which see recipes further on in this book.

#### TO MAKE A CREAM CHEESE (MALÁI-PANÍR).

Put five quarts or two and a half Seers of milk into a pan with two spoonsful of rennet. When the curd is come, strike it down with the skimmer to break it ; or put the cream into a cloth, tie it round, put it on a plate with a stone or heavy weight on it to flatten it, and place it in the ice-box on the top of the ice. After standing twelve hours, bind a fillet round. Turn every day till dry, cover with green leaves, and let it gradually ripen on a pewter plate.

### CHAPTER XVIII.

#### ON DRINKS.

(‘ Bread at pleasure, Drink by measure.’)

IN India it is a common practice to drink syrups (Sharbat) and other very cooling drinks during the hot weather. Medical men will tell you, however, that syrups and sweets are very injurious if taken too frequently, especially on an empty stomach. Such drinks should be used very sparingly. Never attempt to drink cold water, sharbat, or cooling drinks immediately after any violent exercise ; diseases of the heart, kidneys, spine and brain are often the consequence of this imprudence. A cup of strong tea is more refreshing and safe after a hard ride, exposure to the sun, or a long walk. During the hottest season the best plan is to sip the water, and gargle the mouth frequently, but to drink as sparingly as possible.

A word of caution may not be out of place here as to ardent spirits—Sharáb-píná—unfortunately a great failing in India. Too many brandy and soda ‘ pegs ’ are indulged in. Spirituous liquors

and wines more or less inflame the blood, and induce disease. They scorch and shrivel the solids, destroy digestion, dry up the juices, and bring on rapidly premature old age. Nothing has a greater tendency to destroy the coats of the stomach, to impair digestion and appetite, and produce diseases, as inflammation of the liver, dropsy, jaundice, apoplexy, etc. Ardent spirits, etc., produce imbecility, and often insanity. Should any be so unfortunate as to over-indulge at table, it may be worth noting here that twelve drops of the water of ammonia, given in a glass of sugar and water, will calm and sober immediately. The less you take of wines and other liquors in such a warm climate the better. Cocoa is a most valuable article of diet, especially for persons of naturally delicate constitutions; the large amount of fat and albuminoid substance renders it very strengthening and sustaining under prolonged and excessive exertions.

Coffee is more heating and stimulating than tea, and heavier and more oppressive to the stomach. There are many recipes further on for delicious beverages and drinks, which may be found useful.

## CHAPTER XIX.

### ON PRESERVATION OF HEALTH IN INDIA.

(‘He who wants Health, wants everything.’)

THE mind has a marvellous effect for good or bad over the health, and if it be allowed to lie fallow and never exercised, or if the thoughts are unemployed, they act as a depressant, lower vitality, and prey upon the human frame, making it in reality old before its time. Not only should the mind be kept rightly employed, but it should be kept amused as well. Constant work means oftentimes constant worry, and this in itself is depressing and wearying. The plan should be adopted of rising early, and, if possible, avoid late hours. Plenty of cold, fresh well-water should be used every morning; hot and tepid baths should not be taken by persons in good health; many persons are in the habit of taking such baths during the cold season, which is a great mistake. Exercise regularly taken tends to preserve the health. Exercise immediately before a bath is injurious, but after bathing it is beneficial. If prac-

ticable take your meals at the same hours daily. Avoid sitting too near or sleeping in front of the Khas-Tattí, and wetting the head, body, and bed-sheets too frequently ; and make it a point to remove tatties from the doors after sundown. Persons recovering from cholera and fevers should avoid eating mangoes. Never drink water just after eating fruit ; it will cause colic, indigestion, and heartburn.

Do without medicine as much as possible, but in case of real indisposition, immediately consult a competent medical man.

For loss of appetite quinine in any form or pepsine wine will be found very effective, or an infusion of the ordinary Chiretta, procurable in the bazaar ; or, if preferred, half a spoonful of bitters in a glass of sherry may be taken a short time before meals.

After all, however, the best physicians are Dr. Diet, Dr. Quiet, and Dr. Merryman !

## CHAPTER XX.

### ON INDIAN WEIGHTS AND MEASURES (IN ORDINARY USE).

#### *Bazaar Weights—Dry Measure.*

5 Sicca weight . . . . .	}	make	}	1 Chittack.
16 Chittacks . . . . .				1 Seer.
5 Seers . . . . .				1 Pusseree.
40 Seers, or 8 Pusserees				1 Maund.

#### *Bazaar Weights—Liquid Measure.*

5 Sicca weight . . . . .	}	make	}	1 Chittack.
4 Chittacks . . . . .				1 Pow.
4 Pows . . . . .				1 Seer.
5 Seers . . . . .				1 Pusseree.
40 Seers, or 8 Pusserees				1 Maund.

#### *Grain Measure.*

5 Chittacks . . . . .	}	make	}	1 Coonkee.
4 Coonkees, or 20 Chittacks				1 Raik, or $1\frac{1}{4}$ Seer.
4 Raiks, or 5 Seers . . . . .				1 Pally, or Pusseree.
8 Pallies . . . . .				1 Maund.
20 Pallies, or 1 Soally . . . . .				$2\frac{1}{4}$ Maunds.
16 Soallies, or 1 Khahoon . . . . .				40 Maunds.



*Cloth Measure.*

16 Girah, = 1 Gaz, or Yard, in English measure.

<i>British-Indian Weights.</i>		<i>English (Troy) Weights.</i>			
		lb.	oz.	dwts.	grs.
1 Maund, or 40 Seer	=	100	0	9	0
1 Seer, or 16 Chittañk	=	2	6	0	0
1 Chittañk, or 5 Tolá	=	0	1	17	12
1 Tolá, or 12 Máshá	=	0	0	7	12
1 Máshá, or 8 Rattí	=	0	0	0	15
1 Rattí, or 4 Dhán	=	0	0	0	1 $\frac{7}{8}$

*Indian Currency.*

- 12 Pies, or 4 Paisá = 1 Anna.
- 16 Annas = 1 Rupee.
- 16 Rupees = 1 Gold Mohur, or Asharfí.
- 100,000 Rupees = 1 Lakh.
- 100 Lakhs = 1 Crore, or nominally £1,000,000 sterling.

N.B.—The Rupee is nominally equal to the English Florin. The Exchange, though, is 1s. 4d. to the Rupee only, during 1888.

*Indian Rates of Postage.*

	Inland.	England.
Post Cards . . .	$\frac{1}{4}$ Anna.	1 $\frac{1}{2}$ Annas.
Letters . . . .	$\frac{1}{2}$ Anna per $\frac{1}{2}$ Tola.	4 $\frac{1}{2}$ Annas per $\frac{1}{2}$ oz.
Newspapers . . .	$\frac{1}{2}$ " " 10 Tolas.	1 $\frac{1}{2}$ " " 4 "
Book Packets . .	$\frac{1}{2}$ " " 10 "	1 $\frac{1}{2}$ " " 2 "
Parcels . . . .	4 Annas per 20 Tolas.	

*Indian Telegraph Rates.*

- Local, 8 words, 4 Annas.
- Deferred, per word, 1 Anna ; minimum charge, 8 Annas.
- Ordinary " " 2 Annas ; " " 1 Rupee.
- Urgent " " 4 " " " 2 Rupees.

TABLE showing the value of any quantity or number of Goods, from 2 to 1,000 at from 1 Anna to 10 Rupees each.

Value.	At 1 Anna each.	At 2 Annas each.	At 3 Annas each.	At 4 Annas each.	At 5 Annas each.	At 6 Annas each.	At 8 Annas each.	At 12 Annas each.	At 1 Rupee each.	At 2 Rupees each.	At 3 Rupees each.	At 4 Rupees each.	At 5 Rupees each.	At 6 Rupees each.	At 7 Rupees each.	At 8 Rupees each.	At 9 Rupees each.	At 10 Rupees each.
2	R. 0	R. 0	R. 0	R. 0	R. 0	R. 0	R. 1	R. 1	R. 2	R. 4	R. 6	R. 8	R. 10	R. 12	R. 14	R. 16	R. 18	R. 20
3	R. 0	R. 0	R. 0	R. 0	R. 0	R. 0	R. 1	R. 1	R. 3	R. 6	R. 9	R. 12	R. 15	R. 18	R. 21	R. 24	R. 27	R. 30
4	R. 0	R. 0	R. 0	R. 0	R. 0	R. 0	R. 1	R. 2	R. 4	R. 8	R. 12	R. 16	R. 20	R. 24	R. 28	R. 32	R. 36	R. 40
5	R. 0	R. 0	R. 0	R. 0	R. 0	R. 0	R. 1	R. 2	R. 5	R. 10	R. 15	R. 20	R. 25	R. 30	R. 35	R. 40	R. 45	R. 50
6	R. 0	R. 0	R. 0	R. 0	R. 0	R. 0	R. 1	R. 2	R. 6	R. 12	R. 18	R. 24	R. 30	R. 36	R. 42	R. 48	R. 54	R. 60
7	R. 0	R. 0	R. 0	R. 0	R. 0	R. 0	R. 1	R. 2	R. 7	R. 14	R. 21	R. 28	R. 35	R. 42	R. 49	R. 56	R. 63	R. 70
8	R. 0	R. 0	R. 0	R. 0	R. 0	R. 0	R. 1	R. 2	R. 8	R. 16	R. 24	R. 32	R. 40	R. 48	R. 56	R. 64	R. 72	R. 80
9	R. 0	R. 0	R. 0	R. 0	R. 0	R. 0	R. 1	R. 2	R. 9	R. 18	R. 27	R. 36	R. 45	R. 54	R. 63	R. 72	R. 81	R. 90
10	R. 0	R. 0	R. 0	R. 0	R. 0	R. 0	R. 1	R. 2	R. 10	R. 20	R. 30	R. 40	R. 50	R. 60	R. 70	R. 80	R. 90	R. 100
20	R. 1	R. 2	R. 3	R. 4	R. 5	R. 6	R. 10	R. 15	R. 20	R. 40	R. 60	R. 80	R. 100	R. 120	R. 140	R. 160	R. 180	R. 200
30	R. 1	R. 2	R. 3	R. 4	R. 5	R. 6	R. 11	R. 16	R. 22	R. 44	R. 66	R. 88	R. 110	R. 132	R. 154	R. 176	R. 198	R. 220
40	R. 2	R. 4	R. 6	R. 8	R. 10	R. 12	R. 15	R. 20	R. 26	R. 52	R. 78	R. 104	R. 130	R. 156	R. 182	R. 208	R. 234	R. 260
50	R. 3	R. 6	R. 9	R. 12	R. 15	R. 18	R. 22	R. 28	R. 36	R. 72	R. 108	R. 144	R. 180	R. 216	R. 252	R. 288	R. 324	R. 360
60	R. 3	R. 6	R. 9	R. 12	R. 15	R. 18	R. 24	R. 30	R. 40	R. 80	R. 120	R. 160	R. 200	R. 240	R. 280	R. 320	R. 360	R. 400
70	R. 4	R. 8	R. 12	R. 16	R. 20	R. 24	R. 28	R. 36	R. 48	R. 96	R. 144	R. 192	R. 240	R. 288	R. 336	R. 384	R. 432	R. 480
80	R. 5	R. 10	R. 15	R. 20	R. 25	R. 30	R. 36	R. 45	R. 60	R. 120	R. 180	R. 240	R. 300	R. 360	R. 420	R. 480	R. 540	R. 600
90	R. 5	R. 10	R. 15	R. 20	R. 25	R. 30	R. 36	R. 45	R. 60	R. 120	R. 180	R. 240	R. 300	R. 360	R. 420	R. 480	R. 540	R. 600
100	R. 6	R. 12	R. 18	R. 24	R. 30	R. 36	R. 45	R. 54	R. 72	R. 144	R. 216	R. 288	R. 360	R. 432	R. 504	R. 576	R. 648	R. 720
200	R. 12	R. 24	R. 36	R. 48	R. 60	R. 72	R. 90	R. 108	R. 144	R. 288	R. 432	R. 576	R. 720	R. 864	R. 1008	R. 1152	R. 1296	R. 1440
300	R. 18	R. 36	R. 54	R. 72	R. 90	R. 108	R. 135	R. 162	R. 216	R. 432	R. 648	R. 864	R. 1080	R. 1296	R. 1512	R. 1728	R. 1944	R. 2160
400	R. 25	R. 50	R. 75	R. 100	R. 125	R. 150	R. 180	R. 225	R. 300	R. 600	R. 900	R. 1200	R. 1500	R. 1800	R. 2100	R. 2400	R. 2700	R. 3000
500	R. 31	R. 62	R. 93	R. 124	R. 156	R. 187	R. 225	R. 281	R. 368	R. 736	R. 1104	R. 1472	R. 1840	R. 2208	R. 2576	R. 2944	R. 3312	R. 3680
600	R. 37	R. 74	R. 111	R. 148	R. 185	R. 222	R. 270	R. 337	R. 446	R. 892	R. 1338	R. 1784	R. 2230	R. 2676	R. 3122	R. 3568	R. 4014	R. 4460
700	R. 43	R. 87	R. 131	R. 175	R. 218	R. 262	R. 320	R. 395	R. 520	R. 1040	R. 1560	R. 2080	R. 2600	R. 3120	R. 3640	R. 4160	R. 4680	R. 5200
800	R. 50	R. 100	R. 150	R. 200	R. 250	R. 300	R. 375	R. 468	R. 616	R. 1232	R. 1848	R. 2464	R. 3080	R. 3696	R. 4312	R. 4928	R. 5544	R. 6160
900	R. 56	R. 112	R. 168	R. 225	R. 281	R. 337	R. 420	R. 525	R. 696	R. 1392	R. 2088	R. 2784	R. 3480	R. 4176	R. 4872	R. 5568	R. 6264	R. 6960
1000	R. 62	R. 125	R. 187	R. 250	R. 312	R. 375	R. 462	R. 575	R. 750	R. 1500	R. 2250	R. 3000	R. 3750	R. 4500	R. 5250	R. 6000	R. 6750	R. 7500

TABLE OF INCOME, EXPENSE, OR WAGES.

(Ámadaní, Kharch, Hisáb-Kitab Ká Naqshá.)

From 8 Annas to 16 Rupees per month, for a Month of Thirty Days, showing the amount for one or more days.

Days.	8 Annas.		2 Rs.		3 Rs.		4 Rs.		5 Rs.		6 Rs.		7 Rs.		8 Rs.		9 Rs.		10 Rs.		12 Rs.		16 Rs.		Days.
	Rs.	As. P.	Rs.	As. P.	Rs.	As. P.	Rs.	As. P.	Rs.	As. P.	Rs.	As. P.	Rs.	As. P.	Rs.	As. P.	Rs.	As. P.	Rs.	As. P.	Rs.	As. P.	Rs.	As. P.	
1	0	3	0	1	0	1	0	2	1	0	2	8	0	3	8	0	4	3	0	5	4	0	6	4	1
2	0	6	0	2	1	0	3	0	4	3	0	5	4	0	7	5	0	8	0	10	8	0	12	9	1
3	0	9	0	3	2	0	4	9	0	6	4	0	8	0	11	2	0	12	9	0	14	4	0	19	1
4	0	1	0	4	3	0	6	4	0	8	0	10	8	0	14	11	1	1	0	1	5	4	1	27	1
5	0	1	4	0	5	4	0	8	0	10	8	0	13	4	1	2	8	1	1	10	8	2	0	31	8
6	0	1	10	0	6	4	0	9	7	0	12	9	1	0	0	1	9	1	12	9	2	0	3	31	8
7	0	1	10	0	7	5	0	11	2	0	14	11	1	1	0	1	13	10	2	1	7	2	4	4	3
8	0	2	1	0	4	3	0	8	6	0	12	9	1	1	0	2	2	1	2	10	8	3	3	4	3
9	0	2	4	0	4	9	0	9	7	0	14	4	1	3	2	2	6	4	2	11	2	3	4	4	3
10	0	2	8	0	5	4	0	10	8	1	0	0	1	5	4	2	10	8	3	0	0	4	5	5	4
11	0	2	11	0	5	10	0	11	8	1	1	7	5	1	13	4	2	14	11	3	4	6	6	6	4
12	0	3	5	0	6	4	0	12	9	1	3	2	1	9	7	2	19	3	4	4	5	4	7	7	5
13	0	3	8	0	6	11	0	13	10	1	4	9	1	11	8	3	22	3	14	4	5	4	8	8	6
14	0	3	8	0	7	5	0	14	11	1	6	4	1	13	10	3	11	8	4	5	4	5	9	7	7
15	0	4	0	0	8	0	1	0	0	1	8	0	2	0	0	4	0	4	8	0	5	0	6	8	0
16	0	4	3	0	8	6	1	1	0	1	9	7	2	2	0	4	0	4	12	9	5	4	6	8	0
17	0	4	6	0	9	0	1	2	1	1	11	2	2	4	3	4	8	6	5	10	8	6	12	9	9
18	0	4	9	0	9	7	1	2	1	1	12	9	2	6	4	5	6	4	12	9	6	0	12	9	9
19	0	5	0	0	10	1	1	4	3	1	14	4	2	8	6	4	12	9	5	6	4	7	3	9	9
20	0	5	4	0	10	8	2	0	2	10	8	4	0	4	0	5	1	6	0	6	10	8	7	9	10
21	0	5	7	0	11	2	1	6	4	2	1	7	2	12	9	6	4	9	7	9	7	8	10	10	10
22	0	5	10	0	11	8	1	7	5	2	3	2	2	14	11	5	13	10	6	4	10	8	11	10	20
23	0	6	1	0	12	3	1	8	6	2	4	9	3	1	0	6	2	14	4	7	10	8	11	11	22
24	0	6	4	0	12	9	2	6	4	3	3	0	2	4	3	6	6	2	16	4	8	9	12	12	24
25	0	6	8	0	13	4	1	10	8	2	8	0	3	5	4	10	8	7	8	0	8	9	12	12	24
26	0	6	11	0	13	10	1	11	8	2	9	7	4	5	0	13	4	12	9	10	8	10	13	10	26
27	0	7	5	0	14	4	1	12	9	2	11	2	3	9	7	14	11	12	9	9	0	10	14	6	4
28	0	7	5	0	14	11	1	13	10	2	12	9	3	11	8	16	6	14	11	9	5	11	14	11	28
29	0	7	8	0	15	5	1	14	11	2	14	4	3	13	10	17	11	15	10	8	11	15	15	7	5
30	0	8	0	1	0	0	3	0	0	4	0	6	0	0	0	18	0	16	10	0	10	0	16	0	0

TABLE OF INCOME, EXPENSE, OR WAGES.

(Ámadani, Kharch, Hsáb-Kitáb Ká Nágshá.)

From 8 Annas to 16 Rupees per month, for a Month of Thirty-one Days, showing the amount for one or more days.

Days.	8 Annas.		1 Re.		2 Es.		3 Rs.		4 Rs.		5 Rs.		6 Rs.		7 Rs.		8 Rs.		9 Rs.		10 Rs.		12 Rs.		16 Rs.		Days.						
	Rs.	As.	P.	Rs.	As.	P.	Rs.	As.	P.	Rs.	As.	P.	Rs.	As.	P.	Rs.	As.	P.	Rs.	As.	P.	Rs.	As.	P.	Rs.	As.		P.					
1	0	0	3	0	0	6	0	1	6	0	2	0	0	3	7	0	4	1	0	4	0	5	1	0	6	2	0	8	3	1			
2	0	0	3	0	1	6	0	3	1	0	4	1	0	5	1	0	8	3	0	9	3	0	10	3	0	12	4	1	0	6	3		
3	0	0	9	0	1	6	0	4	7	0	6	2	0	9	3	0	10	10	0	13	11	0	15	5	1	2	6	1	8	9	4		
4	0	1	0	0	2	0	0	6	2	0	8	3	0	12	4	0	14	5	1	0	6	1	17	7	1	8	9	2	1	0	4		
5	0	1	3	0	2	6	0	7	8	0	10	3	0	15	5	1	2	0	1	2	6	1	19	9	1	14	11	2	9	3	5		
6	0	1	6	0	3	1	0	9	3	0	12	4	0	15	5	1	2	6	1	5	8	1	21	10	2	5	1	3	1	6	6		
7	0	1	9	0	4	7	0	10	10	0	14	5	1	2	6	1	5	8	1	8	9	1	22	11	3	1	6	3	1	6	7		
8	0	2	0	0	4	7	0	10	3	0	12	4	1	8	9	1	12	10	2	1	0	2	24	12	1	1	6	4	3	9	8		
9	0	2	3	0	4	7	0	9	3	0	13	11	1	2	6	1	11	10	2	5	1	2	26	13	1	3	7	8	4	10	3	9	
10	0	2	6	0	5	1	0	10	3	0	15	5	1	4	7	1	9	9	2	9	3	2	28	14	5	3	7	8	4	10	3	10	
11	0	2	10	0	5	8	0	11	4	1	1	6	8	1	12	4	1	2	5	3	14	5	3	30	15	5	4	1	5	10	10	11	
12	0	3	1	0	6	2	0	12	4	1	2	6	1	8	9	2	11	4	3	1	6	3	32	16	6	3	1	5	0	6	3	12	
13	0	3	4	0	6	8	0	13	5	1	4	1	10	10	2	4	1	2	1	8	3	12	34	17	8	4	1	5	0	6	7	3	13
14	0	3	7	0	7	2	0	14	5	1	5	8	1	12	10	2	4	1	3	9	9	4	1	36	18	9	5	6	8	7	3	14	
15	0	3	10	0	7	8	0	15	5	1	7	2	1	14	11	2	6	8	3	15	11	4	5	38	19	10	6	11	4	8	7	3	15
16	0	4	1	0	8	3	1	1	8	9	2	1	0	2	9	3	1	10	3	16	11	5	8	40	20	11	7	12	10	7	11	10	16
17	0	4	4	0	8	9	1	1	10	3	2	3	1	2	11	10	3	4	2	0	14	11	5	42	21	12	8	4	1	8	4	1	17
18	0	4	7	0	9	3	1	1	11	10	2	5	1	2	14	5	3	7	8	4	10	3	5	44	22	13	9	3	8	12	3	17	
19	0	4	10	0	9	9	1	1	13	5	2	7	2	3	10	4	4	7	4	14	5	8	46	23	14	10	6	9	3	8	12	3	18
20	0	5	1	0	10	3	1	1	14	11	2	9	3	3	13	11	4	8	3	15	11	6	48	24	15	11	7	5	8	9	4	18	
21	0	5	5	0	10	10	1	1	15	5	3	6	2	4	1	11	10	5	6	14	5	8	50	25	16	12	8	6	15	5	9	4	19
22	0	5	8	0	11	4	1	1	16	8	2	0	6	4	1	15	5	6	8	15	11	6	52	26	17	13	9	7	5	8	10	10	19
23	0	5	11	0	11	10	1	1	17	8	2	3	7	5	3	11	4	7	2	16	12	7	54	27	18	14	10	8	6	12	4	20	
24	0	6	2	0	12	4	1	1	18	9	2	5	1	4	10	3	8	9	4	17	13	8	56	28	19	15	11	9	7	12	6	21	
25	0	6	5	0	13	5	1	1	19	9	2	8	3	5	0	6	6	6	7	18	14	9	58	29	20	16	12	10	9	10	10	21	
26	0	6	8	0	13	11	1	1	20	10	2	8	3	7	6	15	5	8	6	19	15	10	60	30	21	17	13	11	10	13	6	22	
27	0	6	11	0	13	11	1	1	21	10	2	9	3	8	6	16	6	7	4	20	16	11	62	31	22	18	14	11	11	14	7	23	
28	0	7	2	0	14	5	1	1	22	10	3	9	3	5	6	15	5	8	11	21	17	12	64	32	23	19	15	12	12	14	8	24	
29	0	7	5	0	14	11	1	1	23	10	3	11	10	5	9	16	6	15	5	22	18	13	66	33	24	20	16	13	14	11	15	2	25
30	0	7	8	0	15	5	1	1	24	5	3	13	11	4	13	5	8	11	3	23	19	14	68	34	25	21	17	14	15	15	7	26	
31	0	8	0	1	0	0	2	0	0	0	4	0	0	6	0	0	0	8	0	24	20	15	70	35	26	22	18	16	0	0	16	0	27



TABLE for ascertaining the Daily Wages of Indian Servants and others in Indian Currency.

Amount per Month.	Month of 28 Days.			Month of 29 Days.			Month of 30 Days.			Month of 31 Days.		
	Rs.	As.	P.	Rs.	As.	P.	Rs.	As.	P.	Rs.	As.	P.
1	0	0	7	0	0	7	0	0	6	0	0	6
2	0	1	1	0	1	1	0	1	1	0	1	0
3	0	1	8	0	1	8	0	1	7	0	1	6
4	0	2	3	0	2	2	0	2	2	0	2	1
5	0	2	10	0	2	9	0	2	8	0	2	7
6	0	3	5	0	3	4	0	3	2	0	3	1
7	0	4	0	0	3	10	0	3	9	0	3	7
8	0	4	7	0	4	5	0	4	3	0	4	1
9	0	5	1	0	4	11	0	4	10	0	4	10
10	0	5	8	0	5	6	0	5	4	0	5	2
11	0	6	3	0	6	4	0	5	10	0	5	8
12	0	6	10	0	6	7	0	6	5	0	6	2
13	0	7	5	0	7	2	0	6	11	0	6	8
14	0	7	11	0	7	9	0	7	6	0	7	3
15	0	8	7	0	8	3	0	8	0	0	7	9
16	0	9	1	0	8	10	0	8	6	0	8	3
17	0	9	8	0	9	4	0	9	1	0	8	9
18	0	10	3	0	9	11	0	9	7	0	9	3
19	0	10	10	0	10	6	0	10	2	0	9	10
20	0	11	5	0	11	0	0	10	8	0	10	4
30	1	1	1	1	0	7	1	0	0	0	5	10
40	1	6	10	1	6	1	1	5	4	1	4	8
50	1	12	7	1	11	7	1	10	8	1	9	10
100	3	9	2	3	7	2	3	5	4	3	3	7

TABLE for ascertaining Wages and other Payments in English money.

Per Year.	Per Month.		Per Week.		Per Day.	Per Year.	Per Month.		Per Week.		Per Day.				
£	£	s.	d.	s.	d.	£	£	s.	d.	£	s.	d.	s.	d.	
1		1	8	0	4 $\frac{3}{4}$	0 $\frac{3}{4}$	15	1	5	0	5	9		10	
2		3	4	0	9 $\frac{1}{4}$	1 $\frac{1}{4}$	16	1	6	8	6	1 $\frac{1}{4}$		10 $\frac{1}{2}$	
3		5	0	1	1 $\frac{3}{4}$	2	17	1	8	4	6	6 $\frac{1}{4}$		11 $\frac{1}{4}$	
4		6	8	1	6 $\frac{1}{2}$	2 $\frac{3}{4}$	18	1	10	0	6	10 $\frac{3}{4}$		11 $\frac{3}{4}$	
5		8	4	1	11	3 $\frac{1}{4}$	19	1	11	8	7	3 $\frac{1}{2}$	1	0 $\frac{1}{2}$	
6		10	0	2	3 $\frac{1}{2}$	4	20	1	13	4	7	8	1	1 $\frac{1}{4}$	
7		11	8	2	8 $\frac{1}{4}$	4 $\frac{1}{2}$	30	2	10	0	11	6	1	7 $\frac{3}{4}$	
8		13	4	3	0 $\frac{3}{4}$	5 $\frac{1}{4}$	40	3	6	8	15	4	2	2 $\frac{1}{4}$	
9		15	0	3	5 $\frac{1}{2}$	6	50	4	3	4	19	2	2	9	
10		16	8	3	10	6 $\frac{1}{2}$	60	5	0	0	1	3	0 $\frac{1}{4}$	3	3 $\frac{1}{4}$
11		18	4	4	2 $\frac{3}{4}$	7 $\frac{1}{4}$	70	5	16	8	1	6	10 $\frac{1}{4}$	3	10
12	1	0	0	4	7 $\frac{1}{4}$	8	80	6	13	4	1	10	8 $\frac{1}{4}$	4	4 $\frac{1}{2}$
13	1	1	8	4	11 $\frac{3}{4}$	8 $\frac{1}{2}$	90	7	10	0	1	14	6 $\frac{1}{4}$	4	11 $\frac{1}{2}$
14	1	3	4	5	4 $\frac{1}{4}$	9 $\frac{1}{4}$	100	8	6	8	1	18	4 $\frac{1}{2}$	5	5 $\frac{3}{4}$

If the wages be guineas instead of pounds, for each guinea add one penny to each month, or one farthing to each week.

*Native Servants and their Wages.*

There are three rates, according to proficiency and circumstances, as follows :

OCCUPATION.	RATES.			REMARKS.
	Rs.	Rs.	Rs.	
Cook,* Báwarchí ...	5	7	10	* Eight or nine rupees are given also, according to the work performed.
Table Servant, or Khánsámáh ...	5	6	7	
Masálchí, or Cook's Mate† ...	4	0	0	† Employed only in large families.
Coachman,‡ Kochwán	6	7	8	
Groom, or Sáís ...	4	5	6	‡ Only necessary where there are more than two horses and pairs driven.
Grass-cutter,Ghasiyará	0	3	4	
Behrá, Valet ...	4	5	6	§ Necessary only for a large garden.
Gardener, Málí ...	0	5	6	
Gardener's Mate§ ...	0	3	4	Not always necessary.
Cowherd, Guálá ...	0	3	4	
Sweeper, Míhtar ...	0	3	4	¶ For a single person 1 or 2 Rs. per month, according to quantity of clothing.
Peon, Cháprásí ...	0	4	5	
Nurse, Ayáh ...	5	6	7	
Sweeper-Woman,   Mihtarání ...	0	3	4	
Punkah Coolies ...	0	3	4	
Dhobí, Washerman¶	5	6	7	

The above is a fair estimate of rates ; some families give even more than the higher rates to old and favourite servants, but it is very imprudent to do so ; they not only spoil their own servants, but the servants of others likewise. Occasional presents (Bakhshish) might be given, but the salaries of servants should never be raised above the higher standard. Servants ought to be made to do all manner of reasonable work, and any refusal on their part should be treated summarily with instant dismissal.

## CHAPTER XXI.

NOTE.—*The invariable practice now prevailing among Domestic*s to deny the receipt of their salaries, and the inability of Masters, in many cases, to repudiate those statements, has induced the Compiler to suggest this Memorandum of MONTHLY ACCOUNTS, which he thinks will obviate the evil.

JANUARY, 188\_\_\_\_\_

## ACCOUNT OF SERVANTS' WAGES.

DETAILS OF SERVANTS.	Rate of Wages.	Number of Days served.	AMOUNT.			Signatures of Recipients.
			Rs.	As.	P.	
Báwarchí, or Cook ...						
Khánsámáh, or Butler ...						
Khidmatgár, or Waiter ...						
Chhokrá, or Boy						
Behrá, or Valet...						
Ayáh, Nurse or Maid ...						
Darzí, or Tailor						
Kochwán, or Coachman ...						
Saís, or Groom...						
Málí, or Gardener ...						
Darwán, Lodge- Keeper or Head-Porter ...						
Dhobí, or Washerman ...						
Bhistí, or Water-Carrier						
Míhtar, or Sweeper ...						
Rotíwálá, or Baker ...						
Mak-khaniyá, or Butterman ...						
Guálá, or Milk- man ...						
Total ...	...	...				



FEBRUARY, 188\_\_\_\_\_

## 'ACCOUNT OF SERVANTS' WAGES.

DETAILS OF SERVANTS.	Rate of Wages.	Number of Days served.	AMOUNT.			Signatures of Recipients.
			Rs.	As.	P.	
Báwarchí, or Cook ...						
Khánsámáh, or Butler ...						
Khidmatgár, or Waiter ...						
Chhokrá, or Boy						
Behrá, or Valet...						
Ayáh, Nurse or Maid ...						
Darzí, or Tailor						
Kochwán, or Coachman ...						
Sáis, or Groom ...						
Má lí, or Gardener ...						
Darwán, Lodge-Keeper or Head-Porter ...						
Dhobí, or Washerman ...						
Bhistí, or Water-Carrier						
Míhtar, or Sweeper ...						
Rotíwálá, or Baker ...						
Mak-khaniyá, or Butterman ...						
Guálá, or Milkman ...						
Total ...	...	...				

MARCH, 188\_\_\_\_\_

## ACCOUNT OF SERVANTS' WAGES.

DETAILS OF SERVANTS.	Rate of Wages.	Number of Days served.	AMOUNT.			Signatures of Recipients.
			Rs.	As.	P.	
Báwarchí, or Cook ...						
Khánsámáh, or Butler ...						
Khidmatgár, or Waiter ...						
Chhokrá, or Boy						
Behrá, or Valet ...						
Ayáh, Nurse or Maid ...						
Darzí, or Tailor						
Kochwán, or Coachman ...						
Sáís, or Groom ...						
Málí, or Gardener ...						
Darwán, Lodge-Keeper or Head-Porter ...						
Dhobí, or Washerman ...						
Bhistí, or Water-Carrier						
Míhtar, or Sweeper ...						
Rotíwálá, or Baker ...						
Mak-khaniyá, or Butterman ...						
Guálá, or Milkman ...						
Total ...	...	...				

APRIL, 188\_\_\_\_\_

## ACCOUNT OF SERVANTS' WAGES.

DETAILS OF SERVANTS.	Rate of Wages.	Number of Days served.	AMOUNT.			Signatures of Recipients.
			Rs.	As.	P.	
Báwarchí, or Cook ...						
Khánsámáh, or Butler ...						
Khidmatgár, or Waiter ...						
Chhokrá, or Boy						
Behrá, or Valet ...						
Ayáh, Nurse or Maid ...						
Darzí, or Tailor						
Kochwán, or Coachman ...						
Sáfs, or Groom ...						
Málí, or Gardener ...						
Darwán, Lodge-Keeper or Head-Porter ...						
Dhobí, or Washerman ...						
Bhistí, or Water-Carrier						
Míhtar, or Sweeper ...						
Rotíwálá, or Baker ...						
Mak-khaniyá, or Butterman ...						
Guálá, or Milkman ...						
Total ...	...	...				

MAY, 188\_\_\_\_\_

## ACCOUNT OF SERVANTS' WAGES.

DETAILS OF SERVANTS.	Rate of Wages.	Number of Days served.	AMOUNT.			Signatures of Recipients.
			Rs.	As.	P.	
Báwarchí, or Cook ...						
Khánsámáh, or Butler ...						
Khidmatgár, or Waiter ...						
Chhokrá, or Boy						
Behrá, or Valet ...						
Ayáh, Nurse or Maid ...						
Darzí, or Tailor						
Kochwán, or Coachman ...						
Sáfs, or Groom ...						
Málí, or Gardener ...						
Darwán, Lodge-Keeper or Head-Porter ...						
Dhobí, or Washerman ...						
Bhistí, or Water-Carrier						
Míhtar, or Sweeper ...						
Rotiwálá, or Baker ...						
Mak-khaniyá, or Butterman ...						
Guálá, or Milkman ...						
Total ...	...	...				

JUNE, 188\_\_\_\_\_

## ACCOUNT OF SERVANTS' WAGES.

DETAILS OF SERVANTS.	Rate of Wages.	Number of Days served.	AMOUNT.			Signatures of Recipients.
			Rs.	As.	P.	
Báwarchí, or Cook ...						
Khánsámáh, or Butler ...						
Khidmatgár, or Waiter ...						
Chhokrá, or Boy						
Behrá, or Valet ...						
Ayáh, Nurse or Maid ...						
Darzí, or Tailor						
Kochwán, or Coachman ...						
Sáis, or Groom ...						
Málí, or Gardener ...						
Darwán, Lodge- Keeper or Head-Porter ...						
Dhobí, or Washerman ...						
Bhistí, or Water-Carrier						
Míhtar, or Sweeper ...						
Rotíwálá, or Baker ...						
Mak-khaniyá, or Butterman ...						
Guálá, or Milk- man ...						
Total ...	...	...				

JULY, 188\_\_\_\_\_

## ACCOUNT OF SERVANTS' WAGES.

DETAILS OF SERVANTS.	Rate of Wages.	Number of Days served.	AMOUNT.			Signatures of Recipients.
			Rs.	As.	P.	
Báwarchí, or Cook ...						
Khánsámáh, or Butler ...						
Khidmatgár, or Waiter ...						
Chhokrá, or Boy						
Behrá, or Valet ...						
Ayáh, Nurse or Maid ...						
Darzí, or Tailor						
Kochwán, or Coachman ...						
Sáis, or Groom ...						
Málí, or Gardener ...						
Darwán, Lodge- Keeper or Head-Porter ...						
Dhobí, or Washerman ...						
Bhistí, or Water-Carrier						
Míhtar, or Sweeper ...						
Rotíwálá, or Baker ...						
Mak-khaniyá, or Butterman ...						
Guálá, or Milk- man ...						
Total ...	...	...				

AUGUST, 188\_\_\_\_\_

## ACCOUNT OF SERVANTS' WAGES.

DETAILS OF SERVANTS.	Rate of Wages.	Number of Days served.	AMOUNT.			Signatures of Recipients.
			Rs.	As.	P.	
Báwarchí, or Cook ...						
Khánsámáh, or Butler ...						
Khidmatgár, or Waiter ...						
Chhokrá, or Boy						
Behrá, or Valet ...						
Ayáh, Nurse or Maid ...						
Darzí, or Tailor						
Kochwán, or Coachman ...						
Saís, or Groom ...						
Málí, or Gardener ...						
Darwán, Lodge-Keeper or Head-Porter ...						
Dhobí, or Washerman ...						
Bhistí, or Water-Carrier						
Míhtar, or Sweeper ...						
Rotíwálá, or Baker ...						
Mak-khaniyá, or Butterman ...						
Guálá, or Milkman ...						
Total ...	...	...				

THE HOUSEWIFE'S FRIEND; OR,  
 SEPTEMBER, 188\_\_\_\_\_

**ACCOUNT OF SERVANTS' WAGES.**

DETAILS OF SERVANTS.	Rate of Wages.	Number of Days served.	AMOUNT.			Signatures of Recipients.
			Rs.	As.	P.	
Báwarchí, or Cook ...						
Khánsámáh, or Butler ...						
Khidmatgár, or Waiter ...						
Chhokrá, or Boy						
Behrá, or Valet ...						
Ayáh, Nurse or Maid ...						
Darzí, or Tailor						
Kochwán, or Coachman ...						
Sáis, or Groom ...						
Málí, or Gardener ...						
Darwán, Lodge-Keeper or Head-Porter ...						
Dhobí, or Washerman ...						
Bhistí, or Water-Carrier						
Míhtar, or Sweeper ...						
Rotíwálá, or Baker ...						
Mak-khaniyá, or Butterman ...						
Guálá, or Milkman ...						
Total ...	...	...				



OCTOBER, 188\_\_\_\_\_

## ACCOUNT OF SERVANTS' WAGES.

DETAILS OF SERVANTS.	Rate of Wages.	Number of Days served.	AMOUNT.			Signatures of Recipients.
			Rs.	As.	P.	
Báwarchí, or Cook ...						
Khánsámáh, or Butler ...						
Khidmatgár, or Waiter ...						
Chhokrá, or Boy						
Behrá, or Valet ...						
Ayáh, Nurse or Maid ...						
Darzí, or Tailor						
Kochwán, or Coachman ...						
Sáis, or Groom ...						
Máílí, or Gardener ...						
Darwán, Lodge-Keeper or Head-Porter ...						
Dhobí, or Washerman ...						
Bhistí, or Water-Carrier						
Míhtar, or Sweeper ...						
Rotíwálá, or Baker ...						
Mak-khaniyá, or Butterman ...						
Guálá, or Milkman ...						
Total ...	...	...				

NOVEMBER, 188\_\_\_\_\_

## ACCOUNT OF SERVANTS' WAGES.

DETAILS OF SERVANTS.	Rate of Wages.	Number of Days served.	AMOUNT.			Signatures of Recipients.
			Rs.	As.	P.	
Báwarchí, or Cook ...						
Khánsámáh, or Butler ...						
Khidmatgár, or Waiter ...						
Chhokrá, or Boy						
Behrá, or Valet...						
Ayáh, Nurse or Maid ...						
Darzí, or Tailor						
Kochwán, or Coachman ...						
Sáis, or Groom ...						
Málí, or Gardener ...						
Darwán, Lodge- Keeper or Head-Porter ...						
Dhobí, or Washerman ...						
Bhistí, or Water-Carrier						
Míhtar, or Sweeper ...						
Rotíwálá, or Baker ...						
Mak-khaniyá, or Butterman ...						
Guálá, or Milk- man ...						
Total ...	...	...				

DECEMBER, 188\_\_\_\_\_

## ACCOUNT OF SERVANTS' WAGES.

DETAILS OF SERVANTS.	Rate of Wages.	Number of Days served.	AMOUNT.			Signatures of Recipients.
			Rs.	As.	P.	
Báwarchí, or Cook ...						
Khánsámáh, or Butler ...						
Khidmatgár, or Waiter ...						
Chhokrá, or Boy						
Behrá, or Valet ...						
Ayáh, Nurse or Maid ...						
Darzí, or Tailor						
Kochwán, or Coachman ...						
Sáis, or Groom ...						
Málí, or Gardener ...						
Darwán, Lodge-Keeper or Head-Porter ...						
Dhobí, or Washerman ...						
Bhistí, or Water-Carrier						
Míhtar, or Sweeper ...						
Rotíwálá, or Baker ...						
Mak-khaniyá, or Butterman ...						
Guálá, or Milkman ...						
Total ...	...	...				

## Memorandum of Milk, Butter, and Bread Supplies.

Date.	January, 188...					February, 188...				
	Milk.		Butter.		Loaves.	Milk.		Butter.		Loaves.
	S.	C.	S.	C.	No.	S.	C.	S.	C.	No.
1										
2										
3										
4										
5										
6										
7										
8										
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27										
28										
29										
30										
31										
Total										

Memorandum of Milk, Butter, and Bread Supplies.

Date.	March, 188...					April, 188...				
	Milk.		Butter.		Loaves.	Milk.		Butter.		Loaves.
	S.	C.	S.	C.	No.	S.	C.	S.	C.	No.
1										
2										
3										
4										
5										
6										
7										
8										
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21										
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27										
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29										
30										
31										
Total										

Memorandum of Milk, Butter, and Bread Supplies.

May, 188...					June, 188...					
Date.	Milk.		Butter.		Loaves.	Milk.		Butter.		Loaves.
	S.	C.	S.	C.	No.	S.	C.	S.	C.	No.
1										
2										
3										
4										
5										
6										
7										
8										
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27										
28										
29										
30										
31										
Total										

Memorandum of Milk, Butter, and Bread Supplies.

Date.	July, 188...					August, 188...				
	Milk.		Butter.		Loaves.	Milk.		Butter		Loaves.
	S.	C.	S.	C.	No.	S.	C.	S.	C.	No.
1										
2										
3										
4										
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29										
30										
31										
Total										

Memorandum of Milk, Butter, and Bread Supplies.

Date.	September, 188...					October, 188...				
	Milk.		Butter.		Loaves.	Milk.		Butter.		Loaves.
	S.	C.	S.	C.	No.	S.	C.	S.	C.	No.
1										
2										
3										
4										
5										
6										
7										
8										
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30										
31										
Total										



Memorandum of Milk, Butter, and Bread Supplies.

Date.	November, 188...					December, 188...				
	Milk.		Butter.		Loaves.	M		Butter.		Loaves.
	S.	C.	S.	C.	No.	S.	C.	S.	C.	No.
1										
2										
3										
4										
5										
6										
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30										
31										
Total										

## RECIPES.

## BREAD OR ROÍ.

1. *Bread Baking*.—Put four pounds or two seers of good wheaten flour or Gehún Maidá into a deep dish which has been warmed ; make a hole in the centre with your hand, and mix into it a cupful of warm water ; pour half a cupful of yeast or Khamír into this, mixing the whole thoroughly together with the rest of the flour. Take about a pint of warm water, just hot enough to bear your hand in ; put into it four teaspoonsful of salt and the same quantity of sugar ; knead up your dough with this to the proper consistency, taking care not to make it too hard. Make the dough into three or four loaves, cover them with a cloth, and keep them in a warm place close to the fire, in order that they may rise sufficiently. This will take about four or five hours. Then bake them in a hot oven for about three-quarters of an hour.

2. Take one seer of good dry wheaten flour, add to it a teaspoonful of salt ; place it on a pasteboard, table, or slab ; pour a portion of good fresh toddy or Tárí into the centre. The toddy must be in a state of fermentation. Knead this into a tolerably stiff dough for half an hour ; then set it near the fire on a dish to rise, and cover it with a cloth ; it will generally be fit for the oven in two or three hours. Divide the dough into loaves or rolls, first sprinkling the slab or table with a little flour to prevent it sticking. The more the dough is worked the better and lighter the bread will be.

Where you cannot obtain toddy (Tárí), from either the date or palm, you can make a fermenting liquid by soaking fresh dry peas or Dál in warm water, until the fermentation commences. This liquid, when strained, is to be used to raise the dough.

3. *Brown Bread* is to be made in the same way precisely ; only use flour that has not had all its bran or Chokar sifted from it. A little extra fermenting liquid is necessary, and the dough kneaded for a longer period of time.

4. *Making Bread in Camp*.—Add to twelve chittacks of plain Átá or Sújí (flour of wheat) a teaspoonful of salt, and knead it well with as much sour buttermilk as will make it into a somewhat soft dough ; sprinkle over this a teaspoonful of carbonate

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of soda, knead it again quickly, and make it into two loaves. Bake it in a quick oven. It can be baked in camp, in a common native Tezjhal.

5. *Another Recipe.*—Six Chittacks of Sújí, two of flour, four of curd or sour buttermilk, one heaped saltspoonful of soda, one teaspoonful of salt, half a Chittack of fine or half a table-spoonful of dark sugar ; moisten the Sújí with a little milk, and knead it thoroughly ; mix the flour with some of the milk, place it in the centre of the Sújí dough, and knead again ; mix the sugar with a little milk on the table, flatten the dough on it, fold and reflatten till all the milk is absorbed ; then do the same with the salt, and lastly with the soda. Sprinkle the dough with flour, mould into shape, and bake for an hour in a Tezjhal or Degcha, with fire both above and under. If not baked at once the bread will be heavy.

6. *Bread in the Jungles.*—To make yeast or Khamír : Boil well three large potatoes, peel and mash them, and put them into a jug, adding to them one tablespoonful of flour, and one tablespoonful of sugar ; mix in gradually a pint of hot water, and keep the jug in a warm place for one day, then bottle the mixture. It will be fit for use in two or three days, and will keep good for a fortnight or longer.

7. *Substitute for Yeast or Khamír.*—Mix one and a half Seers, or three pounds, of flour, with a quarter of an ounce of carbonate of soda, and with about a teaspoonful of salt ; knead up the whole with sour buttermilk ; if very sour, half water and half buttermilk will do. In a quarter of an hour the dough will be ready for baking, as the fermentation goes on while kneading, but it can stand for two or three hours without taking any harm. The soda should be pounded small and well mixed with the flour, the oven brisk, the buttermilk acid, or probably the bread will not be so good, and will taste of the soda.

8. *Chapátí, or Handmade Native Bread.*—This is a thin cake of unleavened bread, made by mixing flour and water together with a little salt, into a paste or dough, kneading it well ; Ghee is sometimes added. They may be made with milk instead of water. They are flattened with the hand or rolling-pin (Belná) into thin cakes, smeared with a small quantity of Ghee, and baked on an iron pan or Karháí, over the fire. They should be eaten very hot, either alone or with Kabáb and curries.

9. *Bread with Potatoes.*—Some potatoes, flour, yeast, and a little warm water. The potatoes must be rubbed through a sieve to the flour. The same quantity of yeast, added as you would for common bread, and a little warm water. Cover it up to rise, knead it, and proceed as usual.

10. *Breakfast, or Tea-rolls.*—Half a Seer of flour, two Chit-tacks of butter, one tablespoonful of good yeast, one egg, and a little warm milk. Rub the butter into the flour, then add the yeast, breaking in one egg, both yolk and white. Mix with a little warm milk poured into the middle of the flour ; stir all well together, and set it by the fire to rise, then make it into a light dough, and set it again by the fire. Make up the rolls, lay them on a tin, and set them in front of the fire for ten minutes before you put them into the oven, brushing them over with egg, and bake for a quarter of an hour. This paste may be used for fancy bread.

11. *Patna Rice (or Chánwal) Bread.*—Three quarters of a Seer of Patna rice, seven Seers of flour (or Maidá), half a Pow of yeast, three ounces of salt, three quarts of water. Put the whole rice into a large stewpan, with three quarts of water ; boil *slowly* for five hours, and then heat to a smooth paste. Mix it while warm with the flour, adding the salt and the yeast. Proceed in the same manner as in making other bread, setting it to rise by the fire, etc.

#### RICE OR CHÁN WAL.

12. Rice is largely used by Europeans in India, and at almost every meal. It is used with omelettes, fish, curries, etc. A quarter Seer will be enough for a party of four at each meal. The Bassmuttee and the Cheenee-sukur are the best qualities for table use. *New* rice should be avoided, as it is injurious ; good rice can be ascertained by rubbing a small quantity in the palm of the hand, and when clear of dust it will present a bright and nearly transparent yellowish colour. The price varies according to quality. Rice, when boiled, is called Bháth. For boiling purposes the stout-grained rice is considered best. The fine-grained rice is generally used for Puláo and Khichrí and

puddings. Rice should always be washed thoroughly in several waters before use.

13. *Hindústání Method of Boiling Rice or Chánwal.*—Take half a Seer of good Patna rice, and after washing it thoroughly, as explained above, put it into a moderate sized Degchá without a cover ; fill three-quarters full of cold water, stir it occasionally, and boil it gently on a moderate fire, until the grains separate and are sufficiently done. The test is by feeling the grains between finger and thumb to see if the grains have softened to the heart ; if so the rice or Bháth is ready. Then put in one tablespoonful of salt, stir well, and take off immediately, throwing the whole into a drainer for ten minutes, and allow the water to drain thoroughly off, and the rice to become free and dry. The time allowed for boiling is about twenty minutes.

14. *Another Recipe.*—Take half a Seer of rice, one tablespoonful of salt, and add two quarts of water. When the water is boiling throw in a tablespoonful of salt, then add rice, after well washing in water. Boil for twenty minutes. When done throw into a colander and strain off the water. When well drained put the rice back into the saucepan ; let it stand by the fire for some minutes till dry and required to be served. The grains should then appear separate.

15. *Another.*—Wash half a Seer of rice ; then put it into a Degchá, with a large quantity of water to boil over a moderate fire. The lid should be kept partially open to prevent an overflow. When the bubbling subsides, the fire should be reduced. When cooked the grains should be quite soft, and when strained through a colander, and dried again by the fire, each grain will appear separate from the others. Time to boil, about half an hour. Rice should always be stirred with a wooden spoon. Some cooks use powdered alum or Phitkirí to improve the whiteness.

16. *Khír, or Rice-Milk.*—Thoroughly boil a quarter Seer, or half a pound of rice. Drain away the water, and add about two cups of good milk, and place over a slow fire. When the rice begins to absorb the milk, mix a tablespoonful of the best white sugar and two or three small sticks of cinnamon. When the milk is thoroughly absorbed the Khir is sufficiently cooked, and may be turned out upon a dish, or put in a buttered mould to be shaped and eaten cold.

17. *Dál, or Lentil*.—This is a kind of pulse or split-pea, which is very largely used for food by the natives, and is used by Anglo-Indian families, too, as a meal, when prepared with the ordinary curry ingredients, or when amalgamated with rice to form Khichrí, etc.

18. *Múngá Dál*.—This pulse is of coral (Múngá) colour. Take a quarter Seer, and having picked and cleaned it well, mix it up with the usual ground curry ingredients and salt, pouring water enough to cover the Dál. Then boil till it is quite dissolved, and to effect this, use a churn, or Ghutní, made of wood. Warm some Ghee and fry up some chopped onions, which throw into the churned Dál, then add the Ghee and keep stirring until Dál and Ghee have thoroughly mixed. Young children like this dish with rice immensely, and it agrees with them.

19. *Masúr Dál (Lentil) Char-Charí*.—Take twelve onions and slice them down. Warm a Chittack of Ghee, and fry the sliced onions, and set aside. Next, having picked and washed the Dál, fry it in the Ghee. When well browned, add a little water, just sufficient to cover the fried Dál, adding the ground curry condiments. Then allow the whole to simmer for a quarter of an hour till the Dál be dissolved. Serve up hot, strewing the fried onions over it. Chaná-Ke-Dál may be used, but when this is done soak it first for an hour. The Masúr Dál is always the best for this Char-Charí.

20. *Dál Púrí (or Lentil-Cake)*.—Prepare a Dál Char-Charí as given in Recipe 19, and with a clean (Sontá Kúndí) pestle and mortar reduce it to paste. Then prepare some dough, as used for pies, take two pieces of this dough (about the size of a walnut), and shape them into two small bowls. Take as much of the Dál-Char-charí paste as will make a ball of the size of a walnut, put it into one of the bowls of dough, and cover it with the other bowl. Then roll out the whole very carefully with a Belan, or rolling-pin, to the size of a dinner-plate, and fry in Ghee till it attains a very light yellow colour. The lighter and thinner Dál-Púris can be made the better they will be. They should be eaten hot.

21. *Dál Phulaurí*.—This is made of Chaná-Ke-Dál, which is

parched and ground into flour. To one Seer of the above add six large onions (Piyaz) finely sliced, eight green chillies (Lal Mirch) cut very fine, a tablespoonful of Soa-Methí Sag (Fenugreek), and parsley finely chopped, a dessertspoonful of salt, and a teaspoonful of finely-ground green ginger (Adrak). Mix these condiments with the Dál-flour, and add water until you get it into a very *thick* liquid, or soft doughy consistency. Then take half a Seer of the best mustard-oil, in which fry some fine slices of lemon-peel; then remove three-fourths of the cooked oil, and in the remaining oil, in the pan, or Karáhi, while boiling, pour in with a wooden spoon, or Chamchá, the preparation of Dál-flour in the size of macaroons, and allow these to brown, turning them over so that top and bottom may be of the same colour. As the oil diminishes keep adding from the oil which was originally withdrawn, and continue to fry until all the Dál-flour preparation has been fried. The Dál-Phulaurí should be eaten hot.

22. *Khichrí* (vulgo, *Kedgerree*).—This is a preparation with rice and Dál. Boil half a Seer of rice in some broth, and having steeped a teacupful of Dál or lentil in water, boil them together till they are soft. Then slice two or three onions and fry them in Ghee with a dozen or two grains of cardamom (Eláchi-dána), a little pepper (Golmirch), six cloves (Laung), and salt (Namak). Take out the onions when browned, and the spice, add a cup of curd or milk to the Ghee, and stew it a little; then distribute the onions, spice, and Dál equally through the rice and pour the Ghee over it.

23. *Bhuni* (or *Crisp*) *Khichrí*.—Take Rice and Dál in equal proportions. Take also half a dozen large curry onions, and cut them in slices. Warm up two Chittacks of Ghee, and while it is bubbling throw in the sliced onions, removing them when brown. Having drained off all the water from the rice and Dál (which were parboiled together), fry them with the Ghee alone till it is absorbed. Then add some peppercorns, green ginger, and salt to taste, some cardamoms, bay leaves, and cinnamon, and enough water to entirely cover the rice and Dál, which place over a slow fire and stir with a wooden spoon, or Chamchá, so as to prevent the *Khichrí* burning. When the water is completely absorbed, the dish is ready

to be served up, the fried onions being sprinkled on the top to garnish the dish and add relish to the KhichrÍ.

24. *Bhuni-KhichrÍ with Matár* is made of Rice, Dál and green peas, or Matár. The latter is added to the rice and Dál when nearly cooked, as described above in Recipe 23.

25. *GÍla (or soft) KhichrÍ*.—The ordinary mode of making this is of Múng Dál, with a smaller quantity of Ghee than is used for the BhunÍ-KhichrÍ. Few or no condiments are used except a little green ginger (Adrak) and a few peppercorns (Golmirch) and salt to taste. For children and invalids this dish is to be preferred to the BhunÍ-KhichrÍ, which is richer.

26. *Puláo*.—This is a Turkish, and essentially an Oriental dish, made of boiled rice and beef, mutton, kid, fowl, or chicken. Make a good strong gravy with beef or mutton, seasoning with sliced onions, ginger, and salt. In this gravy boil a good-sized chicken, and then set the broth and chicken aside. Boil down two Chittacks of Ghee, in which fry to a light brown colour some sliced onions, and keep these aside also. Then fry in the Ghee in which the onions were browned a Seer of the best rice ; the Chini-Shakkar or 'Bassmuttee' are both considered the best for this purpose. When the rice has quite absorbed the Ghee, add a few cardamoms (Elaichee), some cloves (Loung), peppercorns (Golemirch), mace (Joutree), cinnamon (Dal-Chenee), and a tablespoonful of salt. Having mixed these together, add, by pouring into it the broth prepared as above directed, omitting the chicken for the present. The rice must be entirely covered with this broth. Then put the Degchá over a slow fire, keeping on the cover. The contents of the Degchá should be watched to prevent its burning, and the fire reduced as the gravy continues to decrease. The boiled chicken should now be browned with some Ghee, after which the dish is prepared. In serving up, disjoint the chicken, and put it in the centre of a large dish, covering it with the Puláo, over which strew the fried onions, and cut two hard-boiled eggs in halves and place them as a garnish on the dish. It is generally eaten with kid or fowl Khurmá, or Malay curries, for which recipes are given.

27. *Prawn Puláo*.—Observe precisely the instructions given

above for Puláo, omitting the chicken and the beef and mutton broth. In lieu of this broth take the milk of cocoanut (Naríyál), and have some good-sized prawns in place of the chicken. After frying and setting aside the sliced onions, fry the rice; then add the cocoanut-milk, which will give the Puláo a sweetish flavour. In serving up, place the Puláo in a large dish, strew over it the fried onions, garnishing with the prawns finely boiled, and two hard-boiled eggs cut in halves.

28. *Lucknow or Sweet Puláo*.—Adhere to the instructions immediately preceding in Recipe 27, but omit prawns, adding in lieu raisins (Kishmish), and a few finely-sliced almonds (Bádám), with a little extra Ghee. The cocoanut-milk will impart a sweetish flavour to the Puláo also. Children appreciate this dish immensely, but they should not be permitted to indulge their appetite too freely, as its richness would perhaps be injurious. The Anannás (Pineapple) and Kaddú (Pumpkin) are frequently used by Mahomedans to vary their Puláo on feast days.

#### KÁRHÍ OR CURRIES (CHHÁCH-KI TARKÁRÍ, OR VEGETABLE CURRIES).

29. *Tomato Chhach-Kí*.—Take twelve large tomatoes, bake them, and then strain through a muslin. Add enough tamarind or Imlí to make it a little acid, and all the ingredients of a curry, and cook it as such. The tomato in vernacular is called the Billatee Bygun.

30. *Lál-Ság (Spinach) and Omrá*.—The Omrá is an acid large, about the size of a walnut. It should be peeled, and, if fruit, half fried. Thoroughly clean and wash the Lál-Ság (or greens). Let the water thoroughly drain away from them. Then fry the ground condiments in oil which has been first warmed, after which add the Lál-Ság and Omrá to be fried, and when sufficiently crisp add the water; cook over a moderate fire until the Omrá and greens are tender.

The condiments to be used are: Mustard-oil (Karwá-Tel), one Chittack; ground onions (Píyáz), four teaspoonfuls; ground chillies (Lallmirch), one teaspoonful; ground turmeric (Huldee), half-teaspoonful; ground garlic (Laihsoon), quarter-teaspoonful; some salt, with water to mix above.

These ingredients can be availed of for all vegetable curries, and the purest mustard-oil obtainable should be used.

31. *Lál-Ság and Jhíngá (or Prawn) Kárhí.*—Partly boil the prawns, and then proceed as in Recipe 30.

32. *Acid (or Kháttá Sabzi) Kárhí.*—The best curry is that made of potatoes, artichokes, and sweet potatoes, but small quantities may be taken of all kinds of vegetables in season. Cut the vegetables into large pieces, add to them the condiments given in Recipe 30, with a little Dhunneeah or coriander-seed. Slightly sweeten two large cups of tamarind water with Jaggry (Gur), and, after straining through a sieve, add the strained water to the boiled vegetables, with a few fresh chillies. Melt in another pot half a Chittack of mustard-oil; fry in it while boiling about a teaspoonful of onion-seeds; when fried enough, pour it over the boiled vegetables and the tamarind-water. Let it simmer in the pot for fifteen or twenty minutes, with the cover on. It will then be ready. It is eaten cold.

33. *Kaddú and Imli (or Tamarind and Red Pumpkin) Kárhí.*—Take the pulp of two or three tamarinds, and a quarter of red pumpkin (Khorá). Fry the pumpkin, and put it into the curry with the pulp of the tamarind dissolved in a little water. The Laukí and Kaddú-Konhrá, which are also another description of pumpkin, may be used to vary this admirable curry.

34. *Sabzi Karhi, or Chhách-ki; a Vegetable Curry.*—The vegetables used are beans (Sem), potatoes (Alú), peas (Matar), and cauliflower (Phúl-Kobí). Wash thoroughly and divide, then cook with the following ingredients: Mustard-oil or Ghee, whichever be preferred, onions, chillies, turmeric, garlic, with salt to taste. Warm the oil or Ghee till it bubbles, then put in and fry the ground condiments (the proportions as in Recipe 30) till quite brown, put in the selected vegetables cut into small pieces, and keep stirring till cooked; this can be ascertained when the vegetables are quite tender.

35. *Turroee, Pulwul, and Alú Kárhí.*—These are vegetables common to India, and make a delicious dish in season. It is prepared with similar ingredients as given in preceding Recipe.



Frequently vegetable and fish curries have a little Soá-Methí (Fenugreek and Fennel) added to flavour them.

#### MEAT OR GOSHT KÁRHÍ, AND OTHERS.

36. *Beef Kárhí*.—About two pounds of good fresh meat, which will cost from three to four Annas. Cut it up into pieces about an inch in size, leaving out all the scraggy parts. It may be cooked in all respects like a gravy-chicken curry. Let it simmer for a longer period of time than any other curry, or until the beef becomes quite tender.

37. *Husainí, or Beef Kárhí*.—Take two pounds of beef and cut it up into small pieces, as in instructions given above. Pass them on bamboo skewers, or pins, alternately with a slice of ginger and half an onion. Six sticks will be quite sufficient for four or five hearty consumers. After browning the ground condiments and warming the Ghee, put in the sticks of meat, stirring the whole till brown. Then add the Tyre or Dhye and a little water, and let it simmer gently for nearly two hours. The curry will then be ready. Serve it in a curry-dish without removing the sticks.

38. *King of Oudh's Kárhí*.—Take a quarter-Seer of fresh Ghee, two good-sized onions, some good gravy (it should be of veal if possible), two large dessertspoonsful of curry-powder; add any kind of meat cut up into small pieces. Let it simmer gently for two hours in a stewpan. Serve it up with some lemon-juice squeezed over it, to give it an acid flavouring.

39. *Bankshall Kárhí*.—Take about four Chittacks of Ghee, and melt it in a Degchá; cut up two onions fine, and add them to the Ghee, frying them until a nice brown and they become dry, then take them out. Cut up the meat, and reduce the following ingredients to a pulp: a dozen small onions, four pieces of turmeric, four cloves of garlic, two pieces of ginger, four tablespoonfuls of curd, four chillies, and a tablespoonful of coriander-seeds. Stir the whole well in the Degchá until they become thick, gradually put in the meat, and stir often until quite done. It may be necessary to add a little water occasionally to prevent it from burning. Pound the following spices: half a teaspoonful of caraway-seed, ten cloves, and twelve cones of black pepper; and having taken off the Degchá to let

the water mix, add them to the curry, with salt to taste, and the fried onions. After mixing the whole together well, put the Degchá on the fire, and continue stewing until the meat is thoroughly done.

40. *Lord Clive's Kárhí.*—Cut into thin slices half a dozen onions, one green apple, and a clove of garlic ; let them stew until they will pulp in a little good stock, add to them about a teaspoonful of curry-powder, a little cayenne pepper and salt, a few tablespoonsful of stock. Any kind of meat cut small may be stewed in this gravy, with a small piece of butter added, rolled in flour.

41. *Hindústání Kárhí.*—Take about a Seer of beef, veal, or any other kind of meat preferred, two onions, four table-spoonfuls of curry-powder, one root of garlic, three ounces of Ghee, two table-spoonfuls of cocoanut-milk or good cream, ten almonds, six cloves, a small piece of cinnamon, a blade of mace, a few cardamom-seeds, juice of one lemon, and a pint and a half of water. Let the meat boil in a pint and a half of water till about half done, then take it out and skim the broth, put to it the cloves, mace, cinnamon, and cardamom-seeds. Cut the meat into small square pieces, roll them well in the curry-powder, and fry them a nice brown in some Ghee. Cut up the root of garlic and the onions, and fry them separate from the meat till brown. Add the whole to the broth, with the cocoanut-milk, or a little good cream, and the almonds blanched and pounded. Closely cover the Degchá, and stew it gently over a slow fire until well mixed and very hot ; squeeze in the juice of a lemon, and serve.

42. *Cingalese Kárhí.*—A quarter of an ounce of cinnamon, one ounce of turmeric, an ounce of dried chillies, two ounces of coriander-seed. Pound these well in a Kúndí, or mortar, with a little salt. Cut a chicken or rabbit in pieces, and fry it in two ounces of fresh Ghee, with two large onions cut in slices. Take out the meat when browned slightly, lay it in a Degchá, mix the powder with half a pint of white gravy, pour it into the frying-pan for a few minutes, then pour it all over the meat in the Degchá. Add to it a pint of milk, with a little butter rolled in flour, to thicken it slightly. When it is ready to be dished up, add a table-spoonful of lime-juice, pile the meat in the centre of the

dish, pour around it the gravy and serve. Fish done in this way will make a very nice curry.

43. *Madras Kárhí*.—Cut a part of a neck of mutton into small pieces, taking out the bones; fry in its own fat until brown. Let it stew for two hours in some water or good stock. Add some fried onion, pepper, and salt to taste, season it, and a few minutes before serving put a tablespoonful of curry-powder on the meat, mixing well, letting it simmer for about five minutes.

44. *Veal Kárhí*.—Slice four onions and two apples, and fry them in a little Ghee; take them out, cut the meat (the remains of cold roast veal) into cutlets, and fry them a nice light brown; add one tablespoonful of flour and the curry-powder; put in the onions, apples, and half a pint of broth or water, stewing gently till tender; then add a tablespoonful of lemon-juice, and serve. Ornament the curry with capsicums, pickles, and gherkins, daintily arranged on the top. The curry will take about three-quarters of an hour to cook.

45. *Bengal Kárhí*.—Take half a dozen onions, a teaspoonful of cayenne pepper, and an ounce of coriander-seeds; pound the pepper, onions, and coriander-seed in a Kúndí, or mortar; mix all together well. Put a quarter of a pound of Ghee in a Degchá over a moderate fire; cut up an onion and put into it, and when brown take it out and put in two teaspoonfuls of turmeric. Fry until the raw flavour goes off. Then mix with the pounded ingredients half a pint of curds. Put all into a pan, adding the meat cut in pieces, two ounces of Nariyál-cocanut grated, and salt to taste. While the meat is browning, add a little water to the stew to prevent its burning, and stir constantly. As it is supposed to be a dry curry, no gravy need be added. Peas and other vegetables may be substituted for the meat, to vary the dish.

46. *Halwán or Kid Kárhí*.—Prepare and take the following condiments, ground:—Onions, four teaspoonfuls; turmeric, one teaspoonful; chillies, one teaspoonful; ginger, half-teaspoonful; garlic, quarter-teaspoonful; coriander-seed, half-teaspoonful; salt to taste. Melt two Chittacks of Ghee, add all the above-mentioned ingredients with some water, stirring until quite brown. Then cut up a hind or fore quarter of kid

into small pieces, cook over a slow fire till the meat attains a good light-brown colour and is quite tender. Three-quarters of an hour will be sufficient for cooking.

47. *Mutton Kárhí* is prepared with precisely the same ingredients as given in Recipe 46. The shoulder of mutton is cut into small pieces (the bones rejected and utilized for the stock-pot), and curried in the same way as the foregoing.

48. *Country-Káptán Kárhí* is made of kid and veal, but more frequently of chicken. The following are the ingredients employed in making this favourite dish: Ghee, two Chittacks; chillies (ground), half a teaspoonful; salt, one teaspoonful; turmeric (ground), quarter-teaspoonful; curry onions about a score, cut fine. Boil the Ghee and fry the onions quite brown and set aside. Then place the kid, veal, or chicken into the Degchá, after the condiments have been well browned, and keep stirring until the meat is thoroughly done a nice rich brown colour. Serve up by stirring the fried onions over the curried meat. The remains of cold meat are frequently curried in the same way.

49. *Murgí (or Chicken) Kárhí*.—Take a good-sized chicken for the purpose, and disjoint and cut it into pieces. Then warm the Ghee, and having browned the condiments in the Ghee, place the chicken with some salt in the Degchá and cook till it receives a good light-brown colour; add sufficient water to form a thick gravy, and when the chicken is quite tender the dish is ready to be served. About three-quarters of an hour will be sufficient to allow for cooking. The condiments are: Ghee, two Chittacks; curry onions, ground down, four teaspoonfuls; turmeric, ground, one teaspoonful; chillies, ground, one teaspoonful; ginger, ground, half a teaspoonful; garlic, ground, quarter-teaspoonful; coriander-seeds, ground, half a teaspoonful; salt to taste. The above to be mixed with two breakfast-cupfuls of water. In England rabbits are capital substitutes for chicken or fowl for curry.

50. *Kabútar (or Pigeon) Kárhí*.—Cut up four plump young pigeons into pieces, and add these—in lieu of the chicken—to the condiments given in Recipe above, 49, and cook precisely in the same way. A few *small* new potatoes may be cut in half, and added to the curry, if preferred.

51. *Malay Murgi-Kárhí, with Pulwul.*—The latter is a vegetable of the size of an egg, and is much used in curries. Take a score of them, split them down one side, and extract all the seed, scrape and pare away the outer rind and wash in cold water, and then drain off all the water. The chicken meanwhile is to be prepared by removing all the bones and pounding the flesh into a pulp, and with a little seasoning the split Pulwul is to be stuffed with this prepared meat, which can be secured by cotton-thread being wound round the Pulwul. Brown the ground condiments, including ground hot spices, in two Chittacks of Ghee. Then add two cupfuls of cocoanut-milk, with some of the cocoanut itself, to enrich the gravy (a cocoanut scraper should be used for this purpose), then a blade or two of lemon-grass, and, finally, the stuffed Pulwul is put in to simmer over a slow fire for about half an hour, when the curry will be ready. In serving up, remove the lemon-grass, but a little of the juice of a Kagzee-Nimbu, or lime, squeezed over it will add relish to the dish. This is optional, but is preferred by many. The following are the condiments used in all Malay curries: *Masálah*: Ghee, two Chittacks; onions, ground, four teaspoonfuls; turmeric, ground, one teaspoonful; chillies, ground, one teaspoonful; ginger, ground, half-teaspoonful; garlic, ground, quarter-teaspoonful; cocoanut-milk, from two large nuts or two cupfuls; lemon grass, one or two blades. *Spices*—Cloves, ground, half a dozen; cardamoms, ground, half a dozen; cinnamon, ground, half a dozen. No Dhaniyá or Zíra, that is, coriander or caraway seed, should be put into Malay curries, as these destroy the cocoanut flavour.

52. *Dál (or Lentil) Kárhí.*—The ingredients are as follows: Ghee, one Chittack; onions, ground, four teaspoonfuls; chillies, ground, one teaspoonful; turmeric, ground, half-teaspoonful; Ginger, half-teaspoonful; garlic, quarter-teaspoonful; salt, one teaspoonful; onions, sliced and fried. Take a cupful of the raw Dál clean picked, and roast it with the above-mentioned condiments; pour water on the whole just sufficient to cover the Dál, and boil well. When thoroughly boiled the Dál will dissolve; then churn by twirling it with the Ghutní. Warm the Ghee in a separate Degchí, fry the onions, and turn them into the churned Dál and Ghee, and keep stirring till all get well

mixed, and allow it to simmer over a slow fire for about a quarter of an hour.

53. *Andá (or Egg) Kárhí.*—Take a dozen good fresh eggs—frequently ducks' eggs are used to advantage—and boil them hard, shell them, and set aside. Boil down your Ghee, in which fry the condiments brown, adding sliced fried onions; then put in the eggs, having cut each in half, and allow to simmer gently till the eggs are impregnated with the curry ingredient. Very little water should be added, and the curry will be ready in less than ten minutes.

54. *Andá (or Egg) Kárhí, with Chand-Ka-Dál.*—Half a cupful of Dál or lentil should be first parboiled, and then mixed with the curry ingredients. When nearly cooked, add the eggs, and finish the simmering immediately the Dál is soft and tender.

The condiments for both these curries should be the same as for Dopyáza.

#### MACHLÍ (OR FISH) KÁRHÍ.

55. *Jhíngá, Chíngri, or Prawn Kárhí, with Khírá (Cucumber) or Kaddú (Pumpkin).*—For this curry select the 'Bagda' prawns if procurable. Remove the heads, and partly boil the prawns. Take three Chittacks of Ghee, a little salt, four teaspoonfuls of ground onions, one teaspoonful of ground turmeric, a quarter of a teaspoonful of ground garlic, one teaspoonful of ground chillies, one cup of strong cocoanut-milk, and twelve onions sliced fine. Cut up the Khírá or Kaddú, warm the Ghee, fry the vegetable, then fry brown the ground condiments, after which add the prawns. When fried brown pour in the cocoanut-milk and the fried onions chopped fine, and let all simmer over a slow fire. The curry will be ready in about an hour.

56. *Madras Prawn, or Chíngri, Kárhí.*—Boil and shell a pint of prawns or shrimps, warm two Chittacks of Ghee in a Degchá, with an onion cut in fine slices, and a dessertspoonful of curry-powder; stew well, and then add the fish. Wash some spinach (Lál-Ság) well, partly boil it, strain, and add to the Ghee, etc. Stir all well together, and, if necessary, add a little water.

Lobster (Jhíngá) or any fish Kárhí can be made in the same way as rabbit or chicken, save that the stock should consist of fish broth.

57. *Hilsa Machlí (Fish) Kárhí.*—Take one Chittack of mustard-oil, a quarter of a teaspoonful of ground garlic, one

teaspoonful of ground chillies, two teaspoonfuls of salt, half a teaspoonful of ground turmeric, and two teaspoonfuls of ground onions. Wash clean and slice a Hilsa, then rub into the slices all the ground condiments. Let them remain for about an hour, warm the oil, and fry the slices a nice bright brown. Serve very hot.

58. *Machli (Fish) Kárhí.*—Cut up your fish into small pieces, wash it with oil and Besan (the flour of ground Cháná or grain), then rinse it in water, fry in Ghee, adding a little salt. Take for every Seer of fish six Chittacks of Ghee, add eight chillies and a pinch of Methie (fenugreek) and Kala-Zíra (caraway-seed); then mix well with the fish a few pounded chillies, with turmeric, sliced onions, and a clove of garlic, and fry with the Ghee, after which add sufficient water to boil the fish. A little tamarind or green mangoes may be added to give it acidity. Vegetables may be introduced in the same way as directed for vegetable curries. To prevent the fish from breaking and burning, shake the saucepan gently.

59. *Fish Kárhí with Gravy.*—Fish should always be thoroughly cleaned, rubbed, and washed in plenty of salt and water before cooking. Mustard-oil (Sarson) must be used instead of Ghee, quantity about two Chittacks. Condiments as follows: Four teaspoonfuls of ground onions, one teaspoonful of ground turmeric, one teaspoonful of ground chillies, a quarter of a teaspoonful of garlic, and two cups of water.

60. *Lobster Khári.*—Boil a nice large lobster (Jhíngá), break the shell, cut it down the back, take out all the flesh, and cut it in small pieces. Slice a large onion and fry it brown in some Ghee, stir in three dessertspoonfuls of curry-powder, pour in a pint of broth or stock, and boil till rather thick. Add the pieces of lobster, stir all well together, cover close, and stew for rather more than half an hour, keeping it sufficiently moist. When ready to serve squeeze in the juice of half a lemon, and serve up very hot, with a separate dish of boiled rice.

61. *Jhíngá (Lobster) Dopiyáza, Loaf.*—Pare away all the outer brown crust of a loaf of bread without injuring the inner crust. Then cut out of the loaf a small square sufficiently large to extract all the crumb from within, leaving the shell complete. Fill in the space with minced lobster, curried with gravy, replace the square bit at the top, and bake to a light brown.

## KHURMA-KARHI, OR CURRIES.

62. *Khurmá Kárhí*.—This dish is prepared in the same way as other curry, except that it has no turmeric (Haldí), but in place of this, Tyre, or Dhye, is added ; mutton or beef may be used. Take the following condiments : Coriander-seed, one Tolah ; garlic, three cloves ; red chillies, four ; salt, half-Chittack ; green ginger, one piece ; coriander-leaves, one Tolah ; one onion ; Tyre, one Chittack, and grind them into a paste. Then take a Seer of mutton, or beef, and cut it into small pieces, and having washed it, rub the paste well into the meat, mixing with it one Chittack of Tyre. When the whole is well mixed, put into a Degchí with a cover, a couple Chittacks of Ghee, add the prepared mutton or beef, and keep stirring with a wooden spoon, until the Tyre, gravy, and meat turn a rich dark-brown colour. If the meat is required to be very soft, add a couple of pints of cold water, and replace the Degchí on a slow fire until the water is entirely absorbed. After this the dish is ready to be served.

63. *Another*.—Grind the spices and other ingredients into a paste ; after which take a Seer of mutton, cut it in pieces, and rub it over with the paste, with which must be mixed immediately after four Chittacks of Tyre and Ghee, with salt, cloves, cinnamon, cardamoms, and onions cut in thin slices. When the whole has been thoroughly mixed together, place in a Degchá with a cover on a gentle fire, stirring occasionally with a wooden Chamchá until the Tyre and gravy are absorbed, leaving the meat rather brown. If the meat is not quite tender, add a little water, and allow it to simmer till all the water is absorbed, when it can be removed to be served up. The ingredients are precisely the same as in the previous recipe for *Khurmá Kárhí*.

64. *Another*.—Take a Seer of mutton and cut it into small pieces, warm the Ghee, fry in it the sliced onions, and set aside. Then fry the ground condiments and spices given below. When quite brown put in the mutton, and salt, and allow the whole to brown, after which add the Tyre, and allow the lot to simmer over a gentle fire for an hour. The ingredients to be used are : Ghee, two to three Chittacks ; Tyre, a cupful ; chillies, ground, one teaspoonful ; onions, ground, four teaspoonfuls ; coriander-



seed, one teaspoonful ; cinnamon, four smallsticks, ground ; lemon-grass, two or three blades ; salt, one teaspoonful or two, according to taste ; ginger, ground, half a teaspoonful ; garlic, quarter-teaspoonful ; peppercorns, eight or ten, whole ; cloves, ground, four or five ; cardamoms, ground, five or six ; bay-leaves, two or three ; lemon-juice of one lemon ; onions, fried, about eight or ten finely sliced.

65. *Halwán (or Kid) Khurmá* is prepared in exactly the same way. A hind-quarter of kid, cut up into eight or ten pieces, is preferred.

66. *Murgí (or Fowl) Khurmá*.—Cut up and put in the condiments given above ; prepare in the same way.

#### VINDALOO OR BINDALOO—A PORTUGUESE KÁRHÍ.

67. The best Vindaloo is prepared in mustard-oil, or Karwá-Tel (Sarson). Beef and pork, or duck, can be made into this excellent curry. The following ingredients are employed in its preparation : Ghee, six chittacks, lard or oil may be used ; garlic, ground, one tablespoonful ; garlic, bruised, one tablespoonful ; ginger, ground, one tablespoonful ; chillies, ground, two teaspoonsful ; coriander-seed, one teaspoonful ; coriander-seed, roasted, one teaspoonful ; Zira, or cumin-seed, roasted and ground, half a teaspoonful ; bay-leaves, or Tej-path, two or three ; peppercorns, quarter-chittack ; cloves, half a dozen roasted and ground ; cardamoms, half a dozen roasted and ground ; cinnamon, half-dozen sticks ; vinegar, quarter-pint. Take a seer of beef or pork, and cut it into large square pieces, and steep them in the vinegar with salt and the ground condiments given above, for a whole night. Warm the Ghee, lard, or mustard-oil, with the ingredients in which it had been soaking over-night, and add the meat with peppercorns and bay-leaves, and allow the whole to simmer slowly over a gentle fire for a couple of hours, or until the meat is quite tender. When preparing pork into Vindaloo, omit the cloves, cardamoms, and cinnamon.

68. *Another*.—To one seer of meat take of Dhaniyá (coriander-seed), four chittacks ; Gole-mirch (pepper), two chittacks ; Zira (caraway-seed), two chittacks ; Huldi (turmeric), two chittacks ; Adrak (ginger), four chittacks ; Lahsan (garlic), two chittacks. The above must be well pounded together, then mix in a bottle of good vinegar, adding

Karwá-Tel (mustard-oil), two chittacks ; Namuk (salt), three chitacks. First add a chittack of salt to the meat, and drain off the water, then mix the meat with the other ingredients for twenty-four hours, when it is cured and ready to be used when required. It should be cooked with a little oil and water.

69. *Duck Vindaloo* is prepared in the same way, and should be pickled with the condiments mentioned above for a whole day before being cooked. It should be disjointed and pieced before pickling.

#### DOPIYÁZAS.

Meat, Fowl, Chicken, or Duck dressed dry, with onions.

70. This is an exceedingly nice curry. In preparing it, it is necessary to put in, besides the full quantity of ground onions, an equal quantity of fried onions ; the quantity is in this respect *doubled*, hence the name of the dish. More Ghee and less water are employed, which makes it a dry curry. Kid and chicken are best served up in this form. The ingredients employed are: Ghee, three chittacks ; onions, ground, four teaspoonsful ; turmeric, ground, one teaspoonful ; chillies, ground, one teaspoonful ; ginger, ground, half-teaspoonful ; garlic, ground, quarter-teaspoonful ; onions, fried, about a dozen, after being cut and sliced ; Dhaniyá, or coriander-seed, ground, half a teaspoonful, if preferred, and salt to taste. The Ghee is first melted, and the sliced onions fried, and set aside. The ground condiments are fried next, in the remains of the Ghee. When brown, the kid, chicken, or duck, pieced, are added and fried to a rich brown. The fried onions are now added, with a small cup of water, and the whole allowed to simmer over a slow fire for about an hour. When the liquid is reduced to a thick consistency, and the flesh perfectly tender, the Dopyyáza is ready. The hind-quarter of kid is best suited for this curry.

71. *Another*.—Having cleaned and washed the meat, mix with it the salt, essence of ginger, and boiled milk and cream strained through a cloth. Cut the onions and fry them in Ghee. Having pounded the turmeric and garlic, and strained them through a cloth, and mixed them with the meat, throw the same into the Ghee. Put in the cloves and whole cardamom, and coriander fried and peeled. When the flesh has been fried, put in half a seer of water. When the meat is nice and tender, but in the black pepper and lemon. Simmer over a slow fire,

and then serve up. The ingredients are : Ghee, four chittacks ; salt, half-chittack ; ginger, half-chittack ; onions, one chittack ; Dúdh, or milk, boiled, quarter-seer ; cream, or Malái, one chittack ; lemon ; coriander-seed, one tablespoonful ; three tablespoonsful cloves ; cardamoms, one tablespoonful ; black pepper, one tablespoonful ; turmeric, or Haldí, four pieces ; Lahsan, or garlic, one clove.

72. *Murgí (Fowl) Dopiyáza Loaf* is made in the same way as the *Jhingá (lobster) Dopiyáza loaf*, the only difference being that the shell of the bread is stuffed with a Fowl Dopiyáza. All the bones of the fowl or chicken will need to be removed before the bread is stuffed with the curry.

73. *Dopiyáza Kurrela*.—The Kurrela is a bitter gourd, from four to five inches long. The natives fry and eat them, but they are principally used in curries ; they require to be soaked in salt and water before dressing. Take a seer of mutton, put it into a Degchá, and give it a 'Baghár,' or seasoning, in Ghee with some sliced onions ; then add some salt and coriander-seed, with a little water, and boil till the meat is tender. Next clean out the seeds of the Kurrela, rub them over with some ground turmeric and salt, and put in the sun for ten minutes or so ; then wash them well, in water, three or four times, soak them in Tyre for four hours, and wash them again ; heat some Ghee in a frying-pan, or Karháí, and fry the Kurrela, then cook them with the meat till tender ; add the curry stiff, and stir well together for twenty minutes. The ingredients for the curry are as follows : One seer of Kurrela and a seer of mutton ; Ghee, four chittacks ; Tyre, four chittacks ; onions, four chittacks ; salt, three tolahs ; coriander-seed, one tolah ; turmeric, one tolah ; ginger, green, one tolah ; cinnamon, cardamoms, cloves, and black pepper, each one masha.

#### KÁRHÍ MASÁLAH, OR CURRY INGREDIENTS.

74. The condiments to be used in the preparation of meat, poultry or fish curries are given below. For a *dry* curry the onions are always fried in Ghee, the ingredients ground to a paste, with water mixed in the same ; the meat or poultry is then added, and kept stirring until the gravy and Ghee are completely absorbed. For a curry *with* gravy, the meat or

poultry is cut into pieces, the Ghee rendered down and the sliced onions browned ; then the ground ingredients and water are added to form the liquor or broth, in which the meat is put and allowed to simmer gently until the dish is prepared for serving up. Cocoanut-milk, and the juice extracted from the nut itself by scraping it, are frequently employed to make a rich curry gravy, especially when fish and prawns are used. Of course, all the ingredients and spices are not used for every curry, nor are the tamarind, lime-juice or mangoes added all together, it depends upon the curry that is required ; and wherever the cumin-seed with the coriander are used they are all the better for being fresh roasted. The quantities for the various curries also vary, and these are given more particularly in each recipe.

75. *Kárhí Masálah—*or *Curry Ingredients.*

<i>Vernacular Terms.</i>	<i>English Terms.</i>
Ghí, or Ghee	Clarified butter.
Lahsán	Garlic.
Piyáz	Onion.
Haldí	Turmeric.
Lál-mirchá	Chillies.
Dhaníyá	Coriander-seed.
Zíra	Cumin-seed.
Sonth	Ginger, dry.
Ádrák	Ginger, green.
Namak (Nimuk)	Salt.
Jáwatrí	Mace.
Laung	Cloves.
Kálá-mirchá (Gole-mírch)	Black pepper.
Eláchí-dána (Gujaráti)	Cardamom-seed.
Dál-chíni	Cinnamon.
Tej-pát (leaf of the clove-tree)	Bay-leaves.
Bádám	Almonds.
Khásh-khásh (Posth)	Poppy-seed.
Dhye	Tyre.
Ám	Mango.
Imlí	Tamarind.
Límbú-arq	Lime-juice.
Náriyál	Cocoanut.
Méthí	Fenugreek.

<i>Vernacular Terms.</i>	<i>English Terms.</i>
Chiraunjí	Chironjí-nut.
Jaiphál	Nutmeg.
Karwá-Tel, or Sarson,	Mustard-oil.
Sounf	Anise-seed.
Seetulcheení gach	Allspice.
Rai	Mustard-seed.
Hing	Asafœtida.
Kala Tulsí	Basil.
Gatch Mirch	Capsicum.
Kaghzí Nimbú	Lime.
Masúr Dál	Lentil.
Cherbí	Lard.
Pudiná	Mint.
Sirkah	Vinegar.
Pipel	Long pepper.
Chaná	Gram (Dál).
Chíní (Shakkar)	Sugar.

76. *Kárhí (Curry) Powder.*—Dhaniyá, or coriander-seed, eight chittacks ; Haldi, or turmeric, ten chittacks ; Kala-mirch, or black pepper, four chittacks ; Lal-mirch, or chillies, two and a half chittacks ; Elachi, or cardamoms (small), two chittacks ; Dál-Chini, or cinnamon, two chittacks ; Laung, or cloves, one chittack ; Jáwatrí, or mace, one chittack. Pound the above ingredients, mix and bottle.

77. *Another.*—Coriander-seed, four pounds ; turmeric, two ounces ; caraway, two ounces ; chillies, two ounces ; mustard, two ounces ; pepper (black), two ounces. To be well powdered and mixed.

78. *Madras Kárhí Powder.*—Turmeric, six ounces ; ginger (dry), one ounce ; coriander-seed, one ounce ; cayenne or chillies, two ounces ; black pepper, two ounces ; cumin-seed, one ounce ; cardamoms, one ounce. Pound well and mix together.

79. *Another.*—Turmeric, twelve ounces ; cumin-seed, two ounces ; coriander-seed, two ounces ; caraway-seed, three-quarters of an ounce ; cardamom-seed, three-quarters of an ounce ; black pepper, half an ounce ; chillies, three-quarters of an ounce ; fenugreek-seed, half an ounce ; cloves, half an ounce ; cinnamon, quarter of an ounce ; mace, quarter of an

ounce. All should be of the best quality, pounded separately to a fine powder, and kept very dry.

80. *Another.* — Huldi, three chittacks ; Dhaniyá, half-chittack ; pepper, one chittack ; cardamoms, half-chittack ; ginger (dry), half-chittack ; chillies, one chittack ; Zíra, half-chittack. Powder fine and mix. Two teaspoonsful will suffice for a small curry. A cup of milk may be added to the curry to enrich the gravy.

81. *Another (a good Curry-Powder).* — Dhaniyá, two and a half seers ; Zíra, half-seer ; garlic, one seer ; turmeric, two seers ; chillies, one seer ; mustard-seed, quarter of a seer. All the ingredients must be well fried, except the garlic, and then powdered.

82. *Delhi Kárhí Powder.*—Turmeric (pounded), twenty teaspoonsful ; chillies (pounded), eight teaspoonsful ; cumin-seed (pounded), twelve teaspoonsful ; coriander-seed, twelve teaspoonsful ; and cassia-leaves.

83. *Kárhí Paste.*—Care should be taken not to use any water in the preparation of pastes ; mustard-oil is better adapted for this purpose. Dhaniyá, eight ounces ; Zíra, one ounce ; Huldi, two ounces ; Lal-mirchá, two ounces ; Kala-mirchá, two ounces ; Rai, two ounces ; Sont, one ounce ; Lahsan, one ounce ; Namak, four ounces ; Chíní, four ounces ; Chaná (gram), four ounces. The above ingredients, in the proportions given, to be carefully pounded and ground down, with the best English white wine vinegar, to the consistency of a thick jelly, then warm some good mustard-oil and, while bubbling, fry in it the mixture until it is reduced to a paste. Let it cool, and then bottle.

### HINDÚSTÁNÍ KABÁB, OR KABÁB-ROTÍ.

'Kabáb' is always served with a dish of 'Roti,' or unleavened cakes.

84. *Tickkiah-Kabáb.*—Wash and cut into small pieces about one seer of fat beef, and pound it to a pulp ; add a quarter of a teaspoonful of ground turmeric, the same quantity of ground garlic, one teaspoonful of ground onion, a quarter of a teaspoonful of ground chillies, a few peppercorns ground fine, a

quarter of a teaspoonful of ground ginger, half a teaspoonful of ground hot spices, and one tablespoonful of Tyre. Mix all well together, add a well-beaten egg, and salt to taste ; form into equally-sized balls, flatten them, and pass them on skewers, rub them with Ghee, and roast them over a charcoal fire, wrapped in a plantain-leaf. When done take them off the skewers and serve up hot with 'Chapáti,' or thin cakes of hand-made unleavened bread. See Recipe 8.

85. *Khatal-Kabáb.*—Take half a seer of meat, mince it fine, pound it in a mortar, and mix with it a quarter-chittack of salt and one chittack of ginger ; pound a tablespoonful of coriander-seed, a teaspoonful of black pepper, three cloves, one cardamom, and half a chittack of bruised onions, and put the whole into the hash, with a little ground saffron ; add a quarter-seer of Tyre, freed from the water, and an egg beaten up with a chittack of cream ; put a quarter-seer of Ghee into a Degchá, form the hash into cakes, put them into the Degchá, and brown well over a coal fire. When brown, add the juice of one or two lemons, and serve.

86. *Koftá Kabáb.*—Mince a seer of meat, and give it a 'bughar' in Ghee with some fried onions ; mix with it two tolahs of salt and a tablespoonful of ground coriander-seed, with a little water ; shake the pan over the fire till the water is dried up ; take a quarter-chittack of onions, one tolah of green ginger, a little suet, anise and Chana-flour. Mix with the meat, and pound all together in a mortar ; add some ground curry stuff, with a quarter-chittack of Tyre and the white of an egg, and mix all well together with the pounded meat ; form into equal-sized cakes or balls, and fry in the remaining Ghee.

87. *Husainí Kabáb.*—Cut a seer of meat into pieces a little larger than nuts ; rub them with some salt and the juice of one tolah of green ginger and a quarter-seer of Tyre. Slice some onions and fry them in Ghee ; give a 'bughar' to the meat in the same Ghee. When the meat becomes dry add to it a little coriander and water, and simmer gently for an hour. When the meat is sufficiently cooked, file it on a small skewer of wire, a slice of meat and one of onion alternately ; sprinkle over them some ground curry stuff and fry with Ghee, adding a little water. Serve up hot.

88. *Murg (Fowl) Kabáb*.—Take half a chittack of coriander-seed, three onions, a little pepper, pounded ginger and four cloves ; rub smooth in a mortar. Warm four chittacks of Ghee in a Degchá. Rub your fowl well, inside and out, with the pounded ingredients ; truss it, and put it in the Ghee, frying it a nice brown. It should be turned frequently. Serve with lemon-juice squeezed over it, and with or without sauce, as preferred.

89. *Mutton Kabáb*.—Take out the fat and remove the skin from a loin of mutton ; joint it ; grate a small nutmeg, mix with it a little salt and pepper, crumbs and herbs ; beat the yolks of three eggs and dip the chops into it, and sprinkle the above seasoning over them. Tie the chops together as before they were cut, put them on a spit, and roast at a quick fire ; catch the liquor that comes from the meat in a dish placed under it, and use it for basting, with a piece of butter ; throw more seasoning over. When cooked take it up and lay in a dish. Now take a little good gravy, put into it two spoonsful of ketchup and a little flour ; boil and pour over the mutton.

90. *Hiran (Venison) Kabáb (Shikár-ká-gosht)*.—Wash well in warm water and dry with a cloth ; spit for roasting and cover the haunch with buttered paper ; baste frequently while it is at the fire. When done take off the paper and sprinkle lightly with flour to froth it. Serve with its own gravy, or it can be dressed with a coarse paste, and a quarter of an hour before removing from the fire the paper and paste taken off and the meat dredged with flour, and well basted with butter. Serve up gravy in a tureen, and currant jelly, which can either be sent to table cold or melted in port wine and served hot.

91. *Perú (Turkey) Kabáb (Shutr-Murg)*.—Stuff your turkey with a veal stuffing ; put it down to roast ; dredge it well with flour and put about a chittack of butter into a basting-ladle, and as it melts baste your bird with it. It should be kept at a little distance from the fire for the first half-hour ; when warmed through, place it nearer ; when nearly done, sprinkle it lightly with flour and baste as before. Time to roast, about three hours for a very large turkey ; smaller ones, less in proportion.

92. *Sikh Kabáb*.—Take a seer of beef or mutton, remove the bones, and lightly chop the meat without cutting through it.



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Mix thoroughly together all the following condiments : Two tablespoonsful of mustard-oil, one teaspoonful of ground chillies, four teaspoonsful of ground onions, half a teaspoonful of ground ginger, a quarter of a teaspoonful of ground garlic, one teaspoonful of turmeric, half a teaspoonful of salt, half a teaspoonful of ground roasted coriander-seed, a teaspoonful of thick Tyre or Dhye and the juice of a lime. Steep the meat in this mixture for a little while, then cut it into small squares, and continue to steep in the mixture for an hour ; then pass the squares of meat on plated or wooden skewers, and roast over a clear fire, basting frequently with Ghee, till the Kabáb becomes a rich brown colour. Remove from the skewers and serve hot.

#### SHORBÁ (SOUPS).

93. *A Good Soup*.—Take a seer of shin of beef and any remains of cold meat, tongue or meat bones you may have in the house ; put it in a Degchá, and add to it four quarts of water, half a cupful of rice, a couple of onions, turnips and carrots, one parsnip, one head of celery, and salt and pepper to taste. Simmer for four hours over a moderate fire, or until all the goodness is drawn from the meat, strain the soup, and let it stand till cold. When the soup is required for use, take off the fat, put in the kernels and soft parts of the tongue, add a small quantity of fresh turnip, onion and carrot, and stew again until the vegetables are tender, and serve with sippets, or bread toasted and cut into small square pieces.

94. *A Good Family Soup*.—Put a little butter in the bottom of a stewpan or Degchá, and put into it some slices of ham, two seers of a leg of veal, three carrots and three onions ; add to them a ladleful of good stock, stew over a slow fire, and reduce to a jelly. When of a fine yellow tint, take it off the fire, prick the meat with the point of a knife to let the juice flow, cover and let it stew another quarter of an hour, and then put in a sufficient quantity of stock. Season with parsley and small onions, a clove of garlic stuck with a clove, boil and skim, and put it to simmer gently. When done enough, skim it and run it through a cloth.

95. *A Nice White Soup*.—A shin of veal, an onion, blade of mace, pepper and salt, a pint of good sweet milk, two spoons-

ful of ground rice. Break up the veal and soak it for two hours ; then put it in a Degchá with four quarts of water, onion, mace, pepper and salt, and let it simmer for five hours ; strain, and put it by till next day. Take off the fat and put it to boil. If not sufficiently seasoned add whatever you like. Mix the ground-rice with water, stir till it boils, then add the milk, and boil up once again.

96. *Vermicelli (Semái) Soup*.—Prepare a shin of beef soup, leaving out the wine and sauce, boil the macaroni until quite tender, and add it to the soup, after clearing the latter with the white of an egg. Warm up before serving.

97. *Multání, or Mulligatawnee (a Madras Soup)*.—Cut up a fowl by joints and take off the skin, slice four or five large onions, sprinkle them well with flour, and put them into a Degchá to stew, and add to them two chittacks of fresh butter. Now take four cloves and stew them in a chittack of Ghee until quite soft, add to it the juice of a large lemon, and pour into a dish or basin that has been previously well rubbed with garlic. When the meat has become tender and the onions quite brown, put to them four dessertspoonsful of curry-powder, two teacupsful of curds and a little salt. Stew gently for a short time, then add some good broth and the cloves and lemon-juice. Let it stew a few minutes longer, then serve it up. Rice should be served in a separate dish.

98. *Another*.—Take four fowls, cut them in pieces and take off the skin, let them stew in five pints of water till quite tender, then add three chittacks of onions that have been sliced and boiled, two chittacks of dried chillies, three chittacks of Kárhí-Masálah, three chittacks of Ghee, a quarter-chittack of white pepper, a small bit of cinnamon, and a pinch of saffron. When nearly ready to serve, put in a pint of good cream, letting it just come to a boil ; dish it up, and stir a tablespoonful of lime-juice into the tureen. Four pints of strong white stock will make this soup quite as well as the fowls.

99. *Náriyál, or Cocoanut Soup*.—Two ripe cocoanuts, two quarts of clear white stock, a blade of mace, yolks of four eggs. Grate very fine the insides of the Náriyál, place in a Degchá with two quarts of stock and some mace, let it simmer gently for half an hour, and strain through a fine sieve. Beat the yolks

of the eggs with a little stock and a little arrowroot, mix into a smooth batter, and add by degrees to the soup ; simmer gently, stirring carefully until done. If allowed to boil it is likely to curdle.

100. *Soup Royal, or Sháhána Shorbá.*—Take a knuckle of veal, slices of undressed gammon of bacon, some onions, mace and a small quantity of water, simmer it till very strong, then add some good beef broth which has been made the day before, and stew till the meat is done to rags. Add some cream, vermicelli, almonds, and a roll.

101. *Súdhánsháh Shorbá (Soup).*—Take some nice parts of meat cut from a calf's head, tongue, or a shin of beef. Serve the tongue and meat from calf's head whole, but cut the beef into small pieces, add salt and pepper, and boil well, skimming constantly. When the tongue and meat from head are tender, remove them, but continue boiling the beef until done to rags ; then strain and cut away the fat as in above recipe, and simmer gently with soup-herbs, and more salt and pepper if required. When nearly done squeeze in the juice of a lemon, strain again, and set aside. Cut and trim the tongue in small diamond-shaped slices ; then cut up the meat of the head small, add a few fried brain-cakes and cooked egg, and forcemeat balls, and set aside. Put into a Degchá a quarter-seer of boiled potatoes, a large turnip, a quarter of a pound of roasted and ground Dál (or split peas), four carrots, a half-seer of green peas, some herbs, pepper and salt, the peels of half an orange and half a lemon, and the pulp of a whole orange. Add enough water to cover the whole, and boil thoroughly, taking off the scum as it rises. When quite dissolved drain in a colander, then turn into a sieve and press the vegetables, etc., through it. Add it to the soup ; then stew twelve large prunes in a claret-glassful of port, taking out the stones ; strain, and add to the soup. Boil the whole ; and after straining once again put in the egg and forcemeat balls, the brain-cakes, tongue, etc., and serve up. More wine, pepper and salt can be added if necessary.

102. *Grand Consommé Soup.*—Two knuckles of veal, a piece of a leg of beef, a fowl, and a rabbit. Put these into a Degchá with a ladleful of soup, and stir well. When it comes to a jelly put in more stock, and see that it is clear ; boil, skimming and

refreshing it with water ; season with salt, two turnips, six carrots, six onions, one of which should be stuck with three cloves, and a bunch of leeks or a clove of garlic ; let it simmer gently four or five hours, and strain.

103. *Sheep's Head, or Bherí-Kallá Soup*.—Take out the brains and soak them in water for some hours. Take them out, and add five quarts of water, and boil, taking off the scum as it rises. Add a turnip, onion and carrot, and simmer for three or four hours longer. Take out the head, and thicken the soup.

104. *A Bright Onion (or Piyáz) Soup*.—Have ready a roomy, thoroughly clean Degchá, and cut up into it a shoulder of veal, with some salt, pepper, and enough water to cover it ; boil and skim it well, then let it simmer gently until the meat seems quite dissolved. Strain, cutting away all the fat, and add some herbs, good stock, and a little more pepper and salt if necessary. Let it just boil up, and then clear it with the white of an egg well beaten. Slice some white Patna onions, and steep them in boiling water, changing the water several times ; drain them, and add to the soup. Boil up and serve.

105. *Pea, or Dál Soup*.—Take a pint of split peas, steep them in water for three or four hours, and boil them till soft and tender ; press them through a hair sieve. Then add them to some good broth or stock, flavoured with a little bacon or ham, or part of a salted tongue, two carrots, a head of celery, some sweet herbs, and six onions, and boil till the vegetables are cooked. Serve with some fried bread and a little powdered mint in a separate dish.

106. *Another*.—Steep the Dál or peas as in above, boil and press through a hair sieve, put them in a Degchá or stewpan, with some good seasoned stock. Add half a teacupful of rice, and when the soup is nearly ready beat the yolks of two eggs thoroughly and put in it ; but the latter should only be heated, and not suffered to boil, or they will curdle.

107. *A Clear Ox-tail (or Dum-Ká) Soup*.—Take a shin of beef, and make some good broth with it in the usual way. Take an ox-tail, separate it at the joints, and add to the shin, when the latter is ready, with a couple of large Patna onions, a head of celery, two carrots, some sweet herbs, six cloves, twelve peppercorns,



and a clove of garlic. Add a little mushroom ketchup ; gently boil the soup, skimming it carefully from time to time, for two hours, strain through a colander before serving, garnishing with a few joints of the tail. A little lemon-juice and a spoonful of madeira will improve the flavour.

108. *A Thick Ox-tail (or Dum-Ká) Soup.*—Follow above recipe, straining soup, and saving the ox-tail joints, etc. Then pound all the meat from the tail in a Kúndí or mortar, and press it through a sieve. Take all the fat off the bowl of soup. Melt a piece of butter in a large Degchá, and after well stirring put in two dessertspoonsful of flour ; add the soup and paste, and let all come to a boil, it will then be sufficiently thick. Put in a glass of port, a dessertspoonful of red currant jelly, and a dessertspoonful of anchovy vinegar, stir it well for a minute, and it will be ready to serve.

109. *Mock Turtle (or Naglí-Kachchhúá) Soup.*—Take a calf's head with the skin on, cut it in half, and clean well ; half boil it, take off all the meat in bits, break the bones of the head, and boil them in some good broth. Warm some Ghee, and fry some onions sliced, dredge them with flour to thicken the gravy ; stir this into the browning and boil ; skim carefully and then put in the head ; add a pint of madeira wine, and simmer till the meat is done. A few minutes before serving, put in some sweet-herbs, cayenne-pepper, and salt to your taste ; a little mushroom ketchup, and Soy. Squeeze the juice of a lemon into the tureen, and pour the soup upon it. Add forcemeat and small eggs.

## BROTHS.

(Ek aur qism Ká Shorbá.)

110. *Chicken (Murgí) Broth.*—Take a large fowl, stew it to pieces with a couple of Patna onions. Season lightly with pepper and salt, skim and strain it.

111. *Another.*—Cut a chicken into small pieces, remove the skin and fat ; boil for twenty minutes in a quart of water, adding a blade of mace, a slice of onion, and ten white peppercorns. Simmer slowly till the flavour be good. Beat a quarter-chittack of sweet almonds, with a little water, add the broth, strain, and when cold take off the fat.

112. *Mutton (Bher Ká) Broth.*—One seer or scrag of mutton, two or three peeled turnips, a little salt, a tablespoonful of grit or coarse flour, an onion, and a little parsley. Put in a Degchá one seer of mutton, with sufficient water to cover it ; when the water becomes warm skim it, pour it off, and put it back with two more quarts water, salt to taste, and the grit or corn-flour, and onion. Let it simmer, removing all the scum, put in the turnips cut in half, and continue to boil very gently for about two hours, and strain through a sieve. Before it is quite done, sprinkle a little fine parsley (Ajmod) in it. This soup may be thickened with a little arrow-root, pearl-barley, corn-flour, or rice-flour.

113. *Another to make quickly.*—Take one or two chops from a neck of mutton, cut in small pieces, put into a Degchá with bones, but no skin or fat ; add a pint of water, a small bunch of sweet-herbs, a quarter of an onion, and pepper and salt to taste. Bring the water quickly to a boil, covering the Degchá. Take off the lid, and continue to boil quickly for about twenty minutes, taking off the scum as it rises, strain the broth, removing the fat.

114. *Calf's Foot (Bachrá Ka páyá) Broth.*—Boil two feet in three quarts of water ; strain and set it on one side. When required, take off the fat, put a large teacupful of the jelly into a Degchá with half a glass of white wine, a little sugar and nutmeg, and heat it till nearly boiling ; then with a little of it beat up the yolk of an egg, add a little Ghee, and stir all together without allowing it to boil. A little lemon-peel can be grated into it.

115. *Veal or Bachrá Broth.*—Put a knuckle of a leg or shoulder of veal, an old fowl, and four shank-bones of mutton, three blades of mace, ten peppercorns, a piece of bread, an onion, and three quarts of water into a stewpan. Cover it close, and after it has boiled and been skimmed, strain, take off the fat and add salt to taste, with a little oatmeal, corn-flour, or rice-flour, and boil for about ten minutes.

116. *Sheep's-head or Bheri-Kallá Ká Broth.*—After scalding the head well in hot water, scrape off all the hair with a sharp knife, divide and put it into a Degchá with enough water to cover it, add a little vinegar, salt, and a couple of Patna onions, skimming when necessary. Simmer until the head is well done ;

strain and remove all the fat, set it again over the fire with a small turnip, a carrot cut into small pieces, and an onion quartered, and add a little parsley. Wash a quarter of a pound of rice, and when the broth boils up put it in. Season to your taste, and simmer till the rice is quite soft and tender. If preferred, a little pearl-barley may be substituted for the rice.

117. *A Strengthening Broth.*—Boil one seer of loin of mutton, with a large handful of chervil, in two quarts of water to one; take off part of the fat. Any herbs or roots may be added.

118. *A Strong Broth.*—Half a seer of veal, half a seer of beef, and the same quantity of the scrag end of a neck of mutton, and a little salt. Put the above quantities into three quarts of water, with a few whole peppercorns. Boil until reduced to a quart.

119. *Principal Sweet Herbs and Seasonings* for flavouring soups, broths, etc., or Shorbá Ka Rakum Rakum Ka Mussalah.

<i>Vernacular Terms.</i>	<i>English Terms.</i>
Bara Waláyatí Jau	Scotch-barley
Rotí	Bread
Bháth or Chánwal	Rice
Álú	Potato-mucilage
Gájar	Carrots
Chhotá Waláyatí Jau	Pearl-barley
Rakum Rakum Ka Cha-Cha	Raspings
Semái	Vermicelli
Chuqandar	Beet-root
Mida	Flour
Matár	Peas
Waláyatí Mota Semái	Macaroni
Shalgam	Turnips
Waláyatí Jau Ka Mida	Oatmeal
Sáim	Beans
Abrak	Isinglass
Gájar	Parsnips
Khirá	Cucumber
Waláyatí Bygun	Tomato
Khurásáni	Celery
Ipar	Common Thyme
Kukarmútá	Mushrooms

<i>Vernacular Terms.</i>	<i>English Terms.</i>
Ajwáyan	Celery-seed
Ipar	Lemon Thyme
Ditto	Orange Thyme
Lahsan	Garlic
Ajmod	Parsley
Murzunjoosh	Knotted Marjoram
Sista	Sage
Tezpath	Bay Leaves
Limbú Ka Chilka	Lemon-peel
Pudíná	Mint
Kala Tulsí	Sweet Basil
Piyáz	Shallots
Gandáná	Leeks
Hálim	Cress-seeds
Jáephal	Nutmeg
Kabáb-Chíní	Allspice
Loung	Cloves
Sufade Gool Mirch	White Pepper
Dalcheenee	Cinnamon
Jáwatrí	Mace
Adrak	Ginger
Kala Gool Mirch	Black Pepper
Limbú Ka Rus	Lemon Juice
Komla Limbú Ka Rus	Orange Juice

These materials, combined in various proportions, added to wine, or mushroom-catsup, will give to broths and soups a variety of the most agreeable and pleasant flavours.

#### VEGETABLES (SÁG SABZÍ).

120. *To Boil Artichokes (Hateechuck).*—Take off the stalks and wash them in cold water. When the water boils, put them in with the tops downwards, and boil for half an hour, or until tender. Serve, with melted butter, in as many small cups as there are artichokes.

121. *Artichokes (Hateechuck) to Ragout.*—Let them soak in warm water for two or three hours, changing the water; then put them in a stewpan with some gravy, mushroom ketchup, cayenne pepper, and salt. When boiling thicken them with

flour, put them in a dish, pour the sauce over them, and serve hot.

122. *To Boil Asparagus.*—Wash and scrape the asparagus, and tie them up in small bundles. Boil them in hot water, with a little salt in it, for twenty minutes; dish them up on some toasted bread, with the tops meeting in the middle of the dish; pour over them some rich melted butter, and serve very hot.

123. *Asparagus Amulet.*—Beat up half a dozen nice fresh eggs with some cream; boil some fine asparagus, cut off all the green in small pieces, mix them with the eggs, and add pepper and salt. Serve on hot buttered toast.

124. *A Tasty Dish of French Beans (Saim Borah, and Lobeek).*—Take as many French beans as you may require, cut off the tops and bottoms, string them, and divide each bean into three or four pieces, cutting lengthwise; boil them in cold water, with a little salt. As soon as they are done, which will be in about twenty minutes, drain them through a colander. Have ready one or more onions, cut into thin slices lengthwise; put them in a frying-pan with some Ghee, and stir till they are a golden colour; add the beans, pepper and salt to taste, and toss the whole for ten minutes, adding a very little gravy, and a very little vinegar or lemon-juice. Serve very hot.

125. *Cabbage (Bundha Cobee) à la Flamande.*—Scald well a large cabbage in boiling water, and cut it into quarters; cut the stem out of each quarter and chop it fine, put into a Degchá with slices of butter, ham, and a little cream. Simmer till quite mashed, stirring often; add pepper, salt, and gravy; the sauce should be thick. Toast some bread and put it into a dish, pour the mixture upon it, and garnish with fried or stewed sausages.

126. *Cabbage (Bundha Cobee) with Forcemeat.*—Take off the outer leaves and cut off the stalk from a large cabbage, scald it in hot water for some minutes, make a hole in the middle, by the stalk, and fill it and between each leaf with minced beef or highly-seasoned mutton, or with sausage forcemeat; bind it round neatly, and stand it in a stewpan with some gravy, a slice of bacon, a bay-leaf, two carrots, and a sprig of thyme. Stew gently; when done place the cabbage on a dish, untie the string, and pour some strained gravy round it; garnish with turnips and carrots, and serve up very hot.

127. *To Boil Carrots (Gajur).*—Scrape and wash them ; if large cut them into two or four pieces, set them over the fire in boiling water, adding a little salt. Boil from one to three hours. If young they will only take an hour.

128. *Mashed Carrots (Gajur).*—Follow above recipe, then mash the carrots smooth, add a piece of butter, pepper, and salt. Pile them up in the centre of a dish, and mark over with a knife.

129. *To Boil Cauliflower (Phool Cobee).*—Pick out all the small leaves and divide the shoots, boil them in milk and water ; or they can be dressed as brocoli, and served with white sauce.

130. *To Fry Cauliflower (Phool Cobee).*—Wash thoroughly in salt and water, boil for about half an hour or twenty minutes ; cut into small portions and cool. Make a batter of flour, milk, and egg, dip the portions of cauliflower twice into the batter, and fry them in Ghee. Serve hot with gravy.

131. *Cauliflower (Phool Cobee) with Cheese (Panir).*—Prepare the cauliflower as before, put it into a stewpan with some white sauce—made of butter with a little arrowroot—stew a few minutes till sufficiently done ; remove the cauliflower, placing it in a dish, pour around it the sauce, and cover the top with finely grated Parmesan cheese. Brown with a salamander.

132. *To Fry Celery (Ajwáyan-Khurásání).*—Cut off the green tops and roots of eight heads of celery, take off the outside stalks, and pare the ends clean. Make ready the yolks of three eggs well beaten, half a pint of white wine, nutmeg and salt. Mix all into a batter, with flour, dip each head of celery into the batter, and fry them in butter or Ghee. When done lay them in a dish, and pour melted butter over them.

133. *Stewed Celery (Ajwáyan-Khurásání).*—Wash thoroughly four heads of celery, preparing as in preceding recipe. Cut them into pieces two or three inches long, and stew for thirty minutes. Take them out with a slice, strain the water they were stewed in, and add to it half a pint of veal gravy, and a few tablespoonsful of cream ; put in the celery, and stew for nearly an hour longer. Serve with the sauce poured over.

134. *To Stew Cucumbers (Khirá).*—Fry an equal quantity of sliced cucumbers and onions together in Ghee ; strain them,

and put them into a Degchá with a little gravy, white wine, and a blade of mace. Stew for a few minutes; add a piece of butter rolled in flour, salt and cayenne pepper. Shake them well together till of a good thickness. Serve up hot.

135. *To Stuff Cucumbers (Khrá)*.—Remove the seeds from the cucumbers, and fill them with some finely minced fowl or veal; slice some lean bacon and put into your pan, with one or two onions and carrots, pepper, salt, and a little thyme. Add a little good stock, and let them stew gently till quite tender. Then lay the cucumbers carefully on a clean cloth to drain; strain and thicken your gravy, and pour it over them on a dish.

136. *Onion (Piyáz) Râgout*.—Peel half a Seer of young onions; take four large ones, peel and cut them very small; put some Ghee in a stewpan; throw in the onions and fry till brown; then dust with flour and shake them round till thick. Add a quarter of a pint of good gravy, pepper, salt, and a tea-spoonful of mustard. Mix all together, pour into a dish, and garnish with fried crumbs of bread.

137. *To Boil Green Peas (Mátár)*.—Shell and wash them; boil with a little salt and sugar in the water. Serve with some mint scalded and chopped. Add a piece of butter to the peas after taking them up.

138. *Peas (Mátár) Mush*.—Put a quart of green peas, some dried mint and salt into two pints of water; boil till the peas are tender and dent in the middle; add a little butter rolled in flour and pepper; stir all together and boil a few minutes; add two quarts of milk; boil a quarter of an hour longer. Take out the mint and serve.

139. *To Boil Potatoes (Álú)*.—They should be boiled in a Degchá without a lid, with only just enough water to cover them. When the water nearly boils pour it off, and add cold water, with a good portion of salt. The cold water sends the heat from the surface to the centre of the potato, and renders it mealy. Boiling with the lid on tends to produce cracking.

140. *Potato (Álú) Ribbons*.—Cut four or five large potatoes, that have been washed and pared, into thin strips, round and round, as near one width as possible; fry them a nice light brown in boiling beef dripping; season them with salt and

pepper ; drain them on a dish turned up before the fire, and serve very hot.

141. *Potatoes (Álí) Stuffed*.—Bake some good-sized potatoes in their skins, and when done, scoop out the insides and mash them with a little butter ; take some beef or mutton very finely minced, and mix well with the mashed potatoes, adding a little pepper and salt ; fill the empty skins with the mixture, and place them in the oven till quite hot through ; put a small piece of butter on the top of each, and serve in a napkin or cloth.

142. *Potato (Álí) Rolls*.—Boil one and a half seer of potatoes ; mash them with two chittacks of butter and as much milk as will enable them to pass through a colander ; take half a pint of yeast and the same quantity of warm water ; mix with the potatoes ; pour the whole upon two and a half seer of flour ; add salt ; knead it well, and if too thick put to it a little more milk and warm water ; stand it before the fire for an hour to rise ; work it well and make it into rolls. Bake half an hour.

143. *Potato (Álí) Fritters*.—Take two large boiled potatoes and scrape them fine ; beat the yolks of four and the whites of three eggs ; add one tablespoonful of cream, one of sweet wine, a squeeze of lemon and a little nutmeg. Beat this batter for thirty-five minutes. It should then be very light. Put a good quantity of Ghee in a stewpan, and drop a spoonful of batter at a time into it. Fry them ; serve as a sauce, a glass of white wine, some lemon-juice, a little peach-leaf or almond-water, and some sifted sugar, warmed together. The sauce should be served separately.

144. *Potato (Álí) Ruffs*.—Some cold roast veal, beef, or ham ; clear from gristle and cut into small pieces, adding pepper and salt and some cut pickle. Boil and mash some potatoes, and make them into a paste with one or two eggs and a little flour ; cut it round with a saucer ; put some of the seasoned meat on one half, and fold it over like a puff ; pinch the edges and fry a nice brown.

145. *Tomato (Waláyatí Bygun) Eggs (Andá)*.—Put six ripe tomatoes into a stewpan, and when stewed pass them through a sieve ; add half a dozen fresh eggs, a finely minced small onion, a little salt and a quarter of a pound of finely minced ham. Mix the whole thoroughly, put it into a frying-pan, and fry for about



ten minutes, stirring constantly with a fork. Serve hot on some fried toast.

146. *Tomato, or Waláyatt Bygun.*—Peel and slice half a dozen ripe tomatoes into a glass salad bowl; add two minced pickled onions, a dessertspoonful of chilli vinegar, a tablespoonful of common vinegar, and a little salad oil, with a dessertspoonful of sifted sugar; pour over the tomatoes, and let them lie for ten minutes before serving.

147. *To Boil Turnips (Shálgám).*—Pare and cut the turnips in quarters, put them in a Degchá of boiling water, with a spoonful of salt to every half-gallon of water; boil till quite tender; drain and rub them through a colander; add a little cream or milk, and put them in another Degchá or stewpan, with some Ghee and a little white pepper; stir over the fire till well mixed and very hot. Dish up and serve.

148. *Vegetable Marrow (Kuddoo) Rissoles.*—Pare one or two large vegetable marrows very thin, cut them across, take out the seeds, and fill the centre with well-seasoned minced beef or veal. If the latter, add a little grated lemon-peel, tie them securely together, and stew in a little good gravy. Serve on a hot dish, with the gravy poured round them.

149. *Vegetable Mash, or Sabzi-Milán.*—Take some boiled cauliflower, potatoes, green peas, carrots, and turnips; mash the potatoes with plenty of pepper, butter, and salt; cut very small the cauliflower, turnips, and carrots, and add them with the peas to the mashed potatoes. Mix all thoroughly together, and serve very hot.

#### BHÁJÍS AND BHARTÁS (VEGETABLES FRIED AND BOILED).

150. *Bháji, or Fried Vegetables.*—Those principally used for this purpose are Brinjalls (Bygun), and the Pulwul, and Bhidee (vegetable fingers). The condiments used are ground chillies and turmeric with either Ghee or mustard-oil, whichever is preferred, and salt.

151. *Brinjall (Bygun) Bháji.*—Select young full-sized Brinjalls, wash them well and cut down into slices an eighth of an inch thick; dry them, steep for an hour in the ground condiments, and salt and fry, serving up hot. This makes a savoury dish.

152. *Pulwul Bhájí*.—This vegetable is of the size of an egg, and a most wholesome native vegetable. Divide them in half and withdraw the seed, paring away the outer green coating. Then steep them in ground chillies, turmeric and salt for an hour, after which fry till they become quite brown and crisp. Ghee or mustard-oil may be used for this purpose.

153. *Bhindee Bhájí*.—This vegetable is also called 'Dharus,' or Vegetable-fingers, and by some Ram's-horns. The inside is of a slimy consistency, but when dressed it is not unpleasant. It is eaten boiled, and put into soups and curries. The seed is sometimes laid upon toast with butter, pepper and salt. The Bhájí is prepared as the others above.

154. *Kurrela Bhájí*.—The Kurrela is a bitter gourd, four to five inches long. The natives fry and eat them, but they are principally used in Dopyyáza curries. They require to be soaked in salt and water before dressing. They act as a tonic. Most Europeans, however, do not consider the flavour agreeable.

155. *Bhuttá, or Indian Corn or Maize*.—Toasted before the fire, buttered, salted and peppered, forms an excellent dish. They should be taken before they get too hard.

156. *Brinjall (Bygun) Bhartá*.—Take two young Brinjalls, rather large, and roast them carefully in a quick ash-fire, and with a clean spoon remove the contents and add a teaspoonful of salt and a teaspoonful of mustard-oil. Mash all together well and add chopped onions, chillies and lime-juice, and serve up.

157. *Potato (or Álí) Bhartá*.—Select and boil some dozen potatoes, then mash them with a fork. Add chopped onions, chillies, salt and the juice of a fresh lime. If preferred, a teaspoonful of mustard-oil could be put in, and the whole thoroughly mashed and mixed.

158. *Tomato (or Waláyati Bygun) Bhartá*.—Bake about eight or ten good-sized tomatoes until the skin cracks. Then break them up and mix with them ground chillies, salt, ginger and half a teaspoonful of good mustard-oil, supplementing with a squeeze of lemon-juice, if preferred.

159. *Corned Beef Bhartá*.—Sliced Patna onions, with chillies chopped fine, and lime-juice added to cold beef pounded to

shreds, makes an excellent dish for lunch, to be eaten with bread and butter.

160. *Corned Tongue (or Jibh) Bhartá.*—The remains of a cold corned tongue can be served up in a similar way to the cold corned-beef Bhartá.

161. *Fish (or Machlí) Bhartá.*—The Arabian dried 'Beckti' fish, after being broiled and boned, should be pounded fine, to which should be added a teaspoonful of mustard-oil, onions chillies and lime-juice to taste.

162. *Bombay 'Bumlee'-Machli (Fish) Bhartá.*—This is prepared by breaking or pounding the fish into shreds, after it has been roasted by the fire, and then the ingredients mentioned in the foregoing recipe are used.

163. *Pumple Nose (or Chakotrá) Bhartá.*—This fruit is the shaddock (or Batavee), and it makes up, with the ingredients above, into a splendid Bhartá.

164. *Brinjalls, au Gratin.*—Boil a couple of Brinjalls till tender; cut them in halves lengthwise and scoop out the inside and place the same in a bowl; butter the empty cases or pods, and to the contents of the bowl add some cream and seasoning—pepper, salt and a little sauce; mix these up well and then refill the buttered empty cases, over which some grated crumbs should be sprinkled, or some dry mild cheese, and serve up hot.

165. *Potato (or Álú) Mash and Tikiyá.*—Boil and mash some dozen potatoes; add a little milk and butter (half a chit-tack of each), with some salt. Then beat together with a wooden spoon and serve up cold. It could be fried in a fry-pan and browned, so as to form a cake or Tikiyá.

166. *Shakkar-kánd, or Sweet Potato.*—This is a sweet, nutritious root, red and white, and is grown like the potato. They are very wholesome boiled or roasted, and are very cheap. They form an excellent accompaniment to a dish of roast duck.

#### ENTRÉES, HASHES, STEWS, ETC., ETC.

167. *Lamb's Sweetbreads; a Savoury Entrée.*—Well clean some lamb's sweetbreads, soak them in water for about an

hour, and throw them into a basin of boiling water, which will blanch them and make them firm. Put them in a Degchá with a little water, and simmer for fifteen minutes ; then dry well on a clean cloth, brush them over with yolks of eggs, dredge with breadcrumbs, and brown in an oven. Serve on a hot dish with some very hot gravy and a glass of sherry.

168. *Roast Sweetbreads.*—Prepare as in preceding recipe, 167. Run a skewer through them, fasten them on a spit, and brush them over with the yolk of an egg ; sprinkle with breadcrumbs and Ghee, and again with breadcrumbs. Roast for a quarter of an hour. When cooked, remove the skewers, make a sauce of a little butter, a little lemon-juice and cayenne ; make very hot, and serve in the dish under the sweetbreads. Garnish with slices of lemon.

169. *Calf's Heart (Bachrú-dil), baked.*—Stuff it with breadcrumbs, minced suet, grated lemon-peel, sweet marjoram, nutmeg, pepper, salt, and yolk of egg ; put it into the oven. It should be served with gravy, melted butter, and currant jelly.

170. *Calf's Feet (Bachrú-páyá) fricasseed.*—Parboil, take out and split the long bones, stew them with veal gravy, a glass of sherry, the yolks of two or three eggs beaten with cream, grated nutmeg, salt and butter ; stir till thick. Stew gently for ten minutes, dish, and garnish with sliced lemon.

171. *Oyster (Sípi-Machlí) Fritters.*—Open a quart of oysters, strain the liquor into a basin, and add to it two well-beaten eggs and half a pint of milk ; stir in gradually enough flour to make a rather thin batter. When quite free from lumps put the oysters into it. Make hot some Ghee in a very clean Karháí (or frying-pan), season with a little salt, and drop in the batter with a large spoon or ladle, putting one or more oysters in each spoonful. Cook over a gentle fire till one side of the batter is a delicate brown ; turn each fritter separately, and when both sides are brown serve on a hot dish.

172. *Indian Devil Mixture.*—Take four tablespoonsful of cold gravy, a tablespoonful of chutney paste, one of ketchup, one of vinegar, two teaspoonsful of made mustard, two of salt, two tablespoonsful of Ghee. Mix these ingredients as smooth as possible, add the cold meat, or whatever you wish to devil. Simmer gently over a moderate fire till thoroughly hot.

173. *To Make a Devil*.—Cut thin slices of any cold meat, fowl or kidneys, place them in a dish, and pour over them a teaspoonful of powdered mustard, two teaspoonsful of Worcester sauce and mushroom ketchup, one of chilli wine or vinegar, half a teaspoonful of cayenne, a teaspoonful of salad oil or small piece of butter, a teaspoonful of lemon-juice, and a wineglassful of claret or Burgundy. Set the dish in the oven, and stir the meat about in the same for a quarter of an hour.

174. *Devilleed Duck (Batakh)*.—Cut up the duck, prick it all over with a fork, cover it either with cayenne pepper and mustard or chutney, and broil it. Serve it up with a glass of lemon pickle, one of wine, and one of ketchup warmed, with three tablespoonsful of gravy. If chutney be used the sauce will not require sugar, otherwise add a little powdered white sugar.

175. *Devilleed Duck (Batakh) or Teal (Murgábi)*.—Take several onions, eight chillies, and a piece of green ginger; prepare them as for curry. Add two spoonsful of mustard, pepper, salt, cayenne, and chutney, two tablespoonsful of ketchup, and half a bottle of claret; put the duck or teal into the sauce, and simmer for a long time. The duck should be previously roasted.

176. *Cold Meat Hash (Zlma-Gosht)*.—Take an onion cut small, a little ginger, pepper, salt and a quart of water; boil all together for a few minutes; add the cold meat cut small, some sweet-herbs, and a powdered biscuit. Stir well for five or ten minutes. Serve up with toasted bread and the gravy.

176 (a). *Beef Hash*.—Cut some very thin slices of beef, add to it a handful of parsley shred small, an onion cut into quarters, and put all together into a Degchá with a piece of butter and some strong broth. Season with salt and pepper, and simmer for a quarter of an hour. Heat the yolk of two eggs, and add to the meat, with a glass of port wine and the juice of half a lemon. Stir quickly, rub a dish with garlic, and turn the hash into it. A carrot and turnip cut small may be added, and a few pickled mushrooms and walnuts cut in halves.

177. *Mince (Cháb-cháb)*.—Slice an onion fine, and fry it in Ghee till it begins to take colour; put in some slices of meat,

chopped fine, some pepper, salt and a very little flour ; continue to fry till the onions are done and the meat hot through, add a little vinegar or lemon-juice, and serve.

178. *Minced Beef*.—Take about three-quarters of a seer of beef with one chittack of bacon, mince it fine, and season with pepper and nutmeg. Make a gravy with some stock, a piece of butter rolled up in flour, and a little browning ; make it hot and strain it over the meat. Let the whole simmer for a few minutes in a Degchá, and serve on a hot dish, with sippets of toasted bread, and a poached or a hard-boiled egg divided and placed on each sippet arranged round the edge of the dish. Or, if preferred, it can be served surrounded by a wall of mashed potatoes, with two poached or hard-boiled eggs lying on the top of it.

179. *Haggis*.—Mince fine the tongue, heart, and part of the liver of a sheep with a little fat bacon, add the crumb of a French roll grated, the grated rind of a lemon, two anchovies chopped fine, pepper, salt, a glass of wine, and two well-beaten eggs. Stir well together, cook for about two hours, and serve.

180. *Koftáh*.—Take a seer of mutton, beef, rabbit, or fowl, and pound it well in a mortar, adding a little sweet marjoram, cayenne pepper, and three or four onions. Make into small balls, and fry a light brown in Ghee. Make a good gravy in the pan and serve up in it. Boiled rice should be sent up in another dish.

181. *Koftáh*.—Pound a Seer of rabbit, fowl, beef, or mutton in a mortar, with a little sweet marjoram, red pepper, and four onions. Make into small balls and fry in Ghee. When nicely browned make a gravy and serve up in it. Send up some boiled rice in another dish.

182. *Beef Rissoles*.—Mince very fine some slices of rather lean cold roast beef ; season with salt, pepper, a few savoury herbs chopped fine, the grated peel of half a lemon, and rather more than half the weight of the beef in breadcrumbs. Mix thoroughly together, and bind with two well-beaten eggs ; make into balls, brush over with egg, and dredge with breadcrumbs. Fry a nice brown, and serve with a rich brown gravy poured

round them ; or they may be sent up dry, with a garnish of fried parsley.

183. *Veal Rissoles*.—Mince very fine some cold veal and a little ham ; season with grated lemon-peel and mace. Make some paste of egg, flour, water, a little salt, and a little Ghee or butter melted in the water ; roll out flat, cut it in small squares, place a little heap of meat on each so as to be able to fold up the paste over it, stick the edges well together with a little white of egg, trim them a regular shape, fry them in Ghee, and serve as preceding recipes. The chief means of ensuring success in this form of serving minced meat is the thinness of the paste.

184. *Croquette of Cold Mutton, Beef, or Roast Fowl*.—Take about three-quarters of a seer of cold meat, grind it fine, mixing with it pepper and salt, onion chopped fine, a little Ghee, and some sweet herbs minced fine. Put this over some hard-boiled eggs, roll in breadcrumbs or pounded biscuits, and fry.

185. *Another Recipe*.—Take some finely-minced cold meat or fowl and a slice of bacon ; season with pepper, salt, and a little grated nutmeg ; moisten with milk or cream, and make it into balls of a nice size ; brush over with yolks of eggs and dredge with breadcrumbs ; fry or bake till a light brown colour, and garnish with fried parsley.

186. *Dam-pukht*.—This is supposed to be the dish mentioned in the 'Arabian Nights' as the kid stuffed with pistachio nuts. Make ready a fowl, goose, duck, or a rabbit for roasting, and stuff it with pistachio nuts (Pistas), sultana raisins, and boiled rice ; equal parts of each. Take, and pound fine, twelve peppercorns, one chittack of coriander-seed freed from the husks, four or five onions, half a dozen cloves, and a teaspoonful of pounded ginger. Warm twelve chittacks of Ghee in a Degchá, rub the fowl or rabbit well with the pounded ingredients, and fry till nicely browned and tender. Boil in a quart of white broth two chittacks of sultana raisins, two chittacks of pistachio nuts, twelve chittacks of rice, and two chittacks of almonds ; the pistachio nuts and almonds blanched and cut into thin slices. When the rice is nearly cooked strain off the broth, and add the rice to the fried fowl ; stir the whole well, and keep it near the fire till wanted. Serve with the rice surrounding the fowl. In England chestnuts can be substituted for pistachio nuts.

## STEWES.

187.—*To Make a Stew.*—A fowl or neck of mutton, Ghee, an onion, a ground biscuit, salt, two cardamoms, two or three cloves, and a few peppercorns. Cut the fowl or mutton in small pieces ; brown it in some Ghee with an onion ; add about a pint of water, the ground biscuit, salt, cardamoms, cloves, and peppercorns. Cook for a quarter of an hour, stirring two or three times. It may be served with or without sauce.

188. *Another.*—Cut a roasted or boiled fowl into pieces, put it in a stewpan with a little stock or soup, a glass of white wine, about eighteen or two dozen anchovies, some Ghee, roasted onions, cayenne pepper, and pickled oysters. Let it get hot, stir, and add the juice of half a lemon.

189. *Irish Stew.*—Cut steaks from the best end of a neck of mutton, and season with mushrooms, mace, pepper, and salt. Put into a stewpan, adding a large sliced Patna onion, some parsley and thyme, and about a pint of veal broth. Simmer till nearly done, then add some whole peeled potatoes. When the latter are sufficiently cooked serve up hot in a deep dish.

190. *Another (Irish Stew).*—Cut off the fat of part of a loin of mutton, and cut into chops ; wash, pare, and slice thin some potatoes, two Patna onions, and two carrots ; add pepper and salt to taste ; cover with water in a stewpan, and simmer till the meat is tender, and the potatoes are dissolved in the gravy. It may be made of beefsteaks or of mutton and beef mixed.

191. *Burdwan Stew.*—Take about one and a half seers of chops from a loin of mutton ; place them in a stewpan with alternate layers of sliced potatoes and layers of chops and four Patna onions, and pour in nearly a quart of cold water ; cover the pan closely, and let it stew gently until the potatoes are ready to mash, and the greater part of the gravy is absorbed ; then place it in a dish and serve very hot.

192. *Breast of Mutton Stewed.*—Take a breast, or, if too fat, a scrag of mutton, brown it in a stewpan, add a sliced Patna onion (which must also be browned), then pour in enough hot water to cover the meat. When it simmers add one turnip and one carrot cut small and a head of celery chopped fine—or a shred lettuce, according to the season—some black pepper and



some salt. Simmer for about an hour and a half; mix a dessert-spoonful of baked flour with a little cold water, and add to the gravy. Skin, if too fat, before sending to table.

193. *Stewed Mutton*.—A breast of mutton, one tablespoonful of the juice of Patna onions, half a tablespoonful of ginger, a quarter of a tablespoonful of garlic, and pepper and salt. Cut up the mutton, add pepper and salt, and mix with the meat the juices of the onions, ginger, and garlic; let it stand from one to four hours. Then fry some Ghee in a stewpan, and add the meat, which must be fried to a nice brown also; pour in the liquor in which the meat has been steeped, and simmer for about twenty minutes; add some thickened stock to the stew, and continue to simmer till the meat is quite tender.

194. *Stewed Mutton Cutlets*.—Cut two carrots, two turnips, and two potatoes into dice, trim some cutlets, and toss them in Ghee in a Degchá or stewpan, with some pepper and salt, till they begin to colour; then add the carrots and three-quarters of a pint of hot water, a tablespoonful of tomato sauce, and a few sweet herbs and parsley; stew gently fifteen minutes, add the potatoes and turnips, and simmer about an hour, or till tender; add a piece of butter rolled in flour, and more pepper and salt, if required. Remove the herbs, and serve the cutlets round the vegetables, with as much of the gravy as is required.

195. *Stewed Rabbits (Khar-gosh)*.—Cut them in quarters, lard them, cover with flour and fry; put them into a Degchá with two pints of stock, a glass of sherry, pepper, salt, sweet herbs, and butter rolled in flour; cover close and stew for half an hour; dish up, and garnish with sliced oranges.

196. *Another (Rabbits en Matelote)*.—Put two rabbits into a stewpan, with as many slices of bacon and half a pint of stock, two dozen small onions, and some mushrooms; cover with paper and simmer for an hour. Then lay the rabbit on a dish; skim off the fat, and reduce the liquor nearly to a glaze; let it boil up; take it off the fire and squeeze in it half a lemon; add cayenne pepper and a little sugar; pour it over the rabbit, and serve.

197. *Stewed Veal, with Vegetables*.—Wash three pounds of veal in cold water; cut it up small, and put it in a Degchá, with enough water to cover it; add a dessertspoonful of salt

and a teaspoonful of pepper ; cover the pan close, and simmer for twenty-five minutes ; then skim it clean. Slice two small carrots into pieces a quarter of an inch thick, stamp the edges with a cutter, and boil them till tender. Dip two sprigs of parsley into boiling water and mince fine ; cut an onion into small slices ; cut six small potatoes into quarters ; put a quarter of a pound of Ghee to the meat ; sprinkle over it a table-spoonful of browned flower, and add the vegetables. Cover the pan and stew gently for half an hour ; then take out the meat on a dish, put the vegetables round the dish, and pour the gravy over it.

198. *Calf's Feet (Bachrú-páyá) Stew*.—Divide a couple of feet into eight pieces ; add a sliced onion, a pint of water, pepper and salt, and two finely-sliced potatoes, and simmer for nearly three hours.

199. *Stewed Kidneys (Gurda)*.—Take about a dozen mutton kidneys, and put them in warm water for a few minutes ; take off the white skin, quarter them, and let them remain for some time in pepper, salt, the juice of onions, garlic and ginger ; boil up a little Ghee, add the kidneys to it with the juice, put in a clove of garlic and eight large onions, sliced fine and separated so as to cover the whole surface of the pan ; pour in enough hot stock to cover the whole, and simmer till the onions disappear. Serve very hot.

200. *Stewed Pigeons (Kabútar)*.—Make a seasoning of pepper, salt, cloves, mace, sweet herbs and a piece of butter rolled in flour, and put it into the pigeons, closing the opening. Half roast them ; then stew them in good gravy, a little white wine, whole pepper, lemon, mace, sweet herbs and a small onion. Take them out when done, strain and skim the liquor and thicken it with a piece of butter rolled in flour ; then put in the pigeons with some pickled mushrooms, and stew for five minutes. Pour the sauce over them in the dish.

201. *Jhal-Frezí, or Chundoo*.—Cut up the remains of cold mutton, beef, veal, or fowl, into small pieces, about an inch in size, (rejecting the bones). Add chillies, sliced onions and a teaspoonful of salt. Warm up a chittack of Ghee, or even less, and add the above, allowing the whole to fry in the frying-pan or Karháí, stirring till the onions and meat are quite brown and tender.

202. *Pish-Pash*.—Take a seer and a half of neck of mutton, boil it till tender ; bruise a little raw rice in a mortar ; cut the meat in small pieces and throw it, with the rice and a sliced onion, into the water in which the meat has been boiled, adding a few peppercorns and a blade of mace. Simmer till the rice and onions are tender ; add a little salt, and serve. A chicken can be substituted for the mutton, if preferred.

203. *Another*.—Wash and pick a quarter-seer of fine grain rice ; cut up a young fowl and add to the rice, and some sliced ginger, onions cut small, some peppercorns, bay-leaves, hot spice, salt, one chittack of Ghee, and enough water to cover the whole. Simmer gently till the chicken is tender and the rice cooked. Serve very hot.

#### CHOPS AND CUTLETS.

204. *Mutton Chops à la Française*.—Take half a dozen chops, wash, dry and steep them for some time previous to their being required in the juice of onions, garlic and ginger. Mix together some pepper, salt and flour, with which sprinkle the chops well, and fry quickly in boiling Ghee or lard ; when they have become of a good rich brown colour, dish up and serve immediately, very hot.

205. *Mutton Chops*.—Rub some chops with pepper, salt, nutmeg and a little parsley ; butter some white papers well on the inside, roll each chop in a paper fastened closely at each end ; melt some Ghee in a stewpan, put in the chops and fry a fine brown ; lay them in a dish and garnish with fried parsley ; sprinkle some all over and serve them hot.

206. *Another*.—Turn the chops in the pan frequently, and when cooked put them on a hot dish and pour away the fat in the pan. Boil up in it a few tablespoonsful of broth or warm water, with a teaspoonful of mushroom ketchup, or any other sauce, and when thoroughly hot pour it in the dish with the chops.

207. *Mutton Chops, Broiled*.—Cut some chops from a loin of mutton ; pepper them lightly and place them on a gridiron over a clear fire. Turn them, and when sufficiently done put them in a hot-water dish, sprinkle with salt and lay on them small bits

of butter. They should be served very hot with sauce. Avoid sticking a fork into them, or the gravy will escape.

208. *Potato Chops, or Cutlets Hindústaní.*—Take chops from a neck of mutton, cut away all the fat, and scrape the bone; then mash some potatoes fine, wrap the cutlets in it, brush over with yolk of egg and fry. If preferred, they can be fried in the same manner in batter.

209. *Potato (or Álí) Chops.*—The chops are first fried, the potatoes boiled and mashed. Then wrap the cooked chops in the potato mash, dredge them with breadcrumbs and gently brown a nice rich-brown colour.

210. *Pork Chops.*—Cut some chops from a loin of mutton of middling thickness; pepper them slightly and broil, turning them often; when nearly done, sprinkle a little salt over them, and serve the moment they are taken off the fire, a few at a time.

211. *Chicken (Murgí) Cutlet, Dry.*—Clean and piece the fowl; take out the bones and chop the meat lightly; do not cut it. Take a little pepper, salt, Dhaniyá, onion cut fine, and ginger, mix well together and rub lightly over the meat. Brush the pieces over with the yolk of an egg and dredge well with breadcrumbs. Put some Ghee or lard in a pan, and, when well melted, fry the pieces of chicken till they get a nice rich reddish-brown colour. Add a little cayenne, if you like, when serving up.

212. *Fowl (Murgí) Cutlet.*—Cut up a fowl, bone it from the wings, legs and merrythought and breast into six pieces; take the meat from the remainder of the fowl and liver, pound it in a mortar with pepper, salt and gravy; brush the cutlets with an egg, spread over them the force meat, egg again, and dredge with fine breadcrumbs; fry a light brown colour.

213. *Fowl Cutlet ('Gravy-Dar') with Tomatoes.*—Prepare as above. Take some tomatoes and boil whole, strain through a piece of muslin; add salt, pepper, and a little vinegar, and pour over chicken when serving in dish.

214. *Plain Gravy.*—Slice an onion thin, fry it in Ghee till it browns, then add salt, pepper and a little flour to thicken the gravy. This gravy can be either used for cooking the cutlets, or poured over them if they have been cooked already.

215. *Mutton Cutlets.*—Cut from a loin of mutton that has been well hung, some nice thin cutlets. Season them with salt, pepper and mace, and strew them over with shred thyme, parsley, and two or three shallots; fry them in Ghee till half done; then add a large cup of gravy, the juice of half a lemon, and a piece of butter rolled in flour; simmer the whole very gently five minutes. Serve immediately.

216. *Mutton Cutlets, with Cheese; Sauce.*—Trim some neck cutlets neatly, dip them in Ghee, and grill them over a brisk fire. Then partly cook three onions, cut them and put them into a Degchá with a little Ghee, pepper and salt, a pinch of sugar, and cook them slowly. Add about a tablespoonful of boiled rice and a cupful of broth, and simmer gently till the onion is quite soft and pulpy; then put in a large tablespoonful of finely-grated cheese, stir well for three minutes, then work the mixture through a sieve. Heat it carefully, and just before taking up stir in a tablespoonful of rich cream. Make a wall of mashed potato on a very hot dish, serve the cutlets round, and fill in the centre with French beans (Saím). Send the sauce round in a boat with the entrée.

217. *Veal Cutlets.*—Cut slices about three-quarters of an inch thick, beat them with a rolling-pin, and brush them all over with yolk of egg; dredge them with a seasoning of bread-crumbs, parsley, thyme, knotted marjoram, pepper, salt, and a little nutmeg grated. Then put them into papers folded over, and broil them; serve with a boat of melted butter with a little mushroom ketchup.

218. *Another.*—Let the cutlets be about half an inch thick. Chop some herbs very fine; mix them thoroughly with bread-crumbs. Dip the cutlets in yolk of egg, and dredge them with the breadcrumbs and chopped herbs; fry in Ghee, turning often. Then mix about two tolahs of fresh butter, the grated peel of half a lemon, a little nutmeg and flour; pour a little water or gravy into the frying-pan, and stir in the flour, butter, nutmeg, and lemon-peel; heat the cutlets in this gravy. Serve them piled in the centre of the dish, with thin rolls of bacon as a garnish.

219. *Prawn Cutlet.*—Remove the heads from some prawns, shell and wash them; slit them down the centre, beat them flat, season them with some sweet herbs minced fine, and

pepper and salt ; dip them in yolk of egg, and sprinkle with flour. Fry a light rich brown colour. Serve with tomato sauce gravy, and garnish with fried parsley.

#### PIES (SAMBOSA).

220. *A Savoury Beefsteak Pie.*—Take the undercut of a sirloin of beef, and a piece of coarser meat to make gravy. Cut the sirloin into thin slices, place them on a dish, and upon each slice lay a thin one of bacon ; dust the whole with pepper. Roll up each separately, and give another dusting with pepper. Rub a pie-dish well with garlic, butter it, and put a layer of the old slices at the bottom of it ; now pour a cupful of strong gravy, made from the coarser meat, gently round the layer ; repeat this process until the dish is full, with alternate layers of the slices and the rolled beef and gravy ; the surface should be garnished with pieces of hard-boiled egg, and the whole covered with a good light crust ; bake and serve. If preferred, mushrooms, olives, anchovies, etc., may be mingled with the layers, and a glass of light wine will improve the gravy. The oven should be kept at a proper, even temperature, and care taken that the crust is not browned too quickly, and before the meat is cooked.

221. *Beefsteak Pie.*—Beat some fine rumpsteaks with a rolling-pin, and season them with pepper and salt ; lay your steaks in a dish, then pour in enough water to half fill the dish. Make a good light crust, cover the meat with it, and bake well. An onion, finely sliced and added to the meat, is a great improvement. More seasoning should be added, if the pie is intended to be eaten cold, than if meant to be eaten hot.

222. *Another Recipe.*—Cut one and a quarter seers of beefsteak into small pieces, with a little fat ; dip each piece into flour, and place them in a pie-dish ; season each layer with pepper, salt, and a little cayenne ; fill the dish sufficiently to raise the crust in the middle ; half fill the dish with water or gravy ; add a spoonful of Worcester sauce, or any other sauce preferred ; put a border of paste round the wet edge of the pie-dish ; moisten it, and lay the crust over it. Cut the paste even ; ornament with leaves of paste, and brush over with the yolk of an egg, well beaten. Make a hole with a knife in the top, and bake in a hot oven.

223. *Beefsteak and Pigeon Pie*.—Take a slice of good steak, and cut into small pieces; then take four young pigeons and divide each into four pieces; with one seer of beef make a good strong gravy, throwing into it all the scraggy parts, etc., of the steak and pigeons. Warm one chittack of Ghee, and fry in it twelve curry onions, cut fine; well dredge with flour the steak and pigeons, and add to the onions; after frying awhile, add a teaspoonful of salt, a teaspoonful of ground pepper, some sweet herbs, part of the rind of two fresh limes, and about half the beef gravy. Place the whole on a slow fire, and simmer gently till the meat is tender; let it cool; add the rest of the gravy, with the juice of the two limes; put into a dish lined with pastry; cover the whole with a nice crust, and bake.

224. *Pigeon (Kabútar) Pie*.—Take some pigeons, rub them with pepper and salt inside and out, put in them a bit of butter and some parsley chopped with the livers. Place a nice tender beefsteak at the bottom of the dish, and the birds on it, and between every two a hard egg. Pour into the dish a cup of water, and lay a small piece of ham on each pigeon; season the gizzards and the two joints of the wings, and put them in the centre of the pie; cover with crust, in which make a hole, and put in three feet, nicely cleaned, to show what pie it is.

225. *Chicken (Murgí) Pie*.—Cut the chickens in pieces, and stew them till nearly tender. Cover the bottom of a pie-dish with rich puff paste. Season the chickens highly with pepper, salt, nutmeg, mace, cayenne, and slices of ham. Put layers of pieces in the dish, of chicken, ham, sweetbread, cut in pieces, and well seasoned, forcemeat balls and hard-boiled eggs, cut in slices. Make a gravy of knuckle of veal and mutton bones, well seasoned with herbs, onions, pepper and salt, etc. Pour over the contents of the pie, and bake.

226. *Veal and Oyster (Sípí Machlí) Pie*.—Cut a seer of veal into small pieces, and spread over each a little minced ham, and season with salt, pepper, and grated lemon-peel. Line the sides of the dish with a good paste; put a layer of veal at the bottom, then a layer of oysters, and so on till the dish is full. Pour over it a cup of nice broth, with a little grated lemon-peel, and the oyster liquor, strained. Season well, cover with crust and bake.

227. *Potato (Álú) Pie.*—Boil, peel and mash some potatoes as fine as possible. Mix with them some salt, pepper, and Ghee. Line a pie-dish with the mash, put in it a nicely-browned beef, chicken, mutton, or veal stew. Put layers of the stew and of the potato mash. Add a few finely-chopped hard-boiled eggs ; cover the whole with a thick coat of mashed potatoes, and bake in a moderate oven.

228. *Mutton and Kidney (Gurda) Pie.*—Strip the meat from the bones of a seer of loin of mutton, without dividing it, and cut into nice thin slices, seasoning with pepper and salt. Line a pie-dish with a good light crust, and place in it a layer of mutton, one of forcemeat, then one of mutton, with slices of kidney at equal distances. Pour in some well-seasoned gravy, which has previously been made from the mutton bones, cover with paste, and bake.

229. *Rabbit (Khargosh) Pie.*—Skin and wash a fine large rabbit ; cut into joints, and divide the head ; soak it in warm water till quite clean, and wipe with a clean cloth. Season with pepper and salt, a little finely-chopped parsley, and a little garlic. Cut three-quarters of a pound of rather fat bacon into small pieces, dredge the rabbit with flour, and place it with the bacon in a pie-dish, beginning with the inferior parts of the rabbit. Pour in a small cupful of water or stock ; cover with a puff paste ; ornament and glaze the top ; make a hole in the centre with a knife, and bake in a brisk oven.

230. *Macaroni (Siwaiyá) Pie.*—Take a quarter-seer of macaroni ; boil in water, then boil again in some milk till quite tender. Take two chittacks of finely-grated good English cheese, a dessertspoonful of dry mustard, two teaspoonsful of salt, half a teaspoonful of fine white powdered pepper, two chittacks of Ghee or butter, and two finely-powdered crisp biscuits. Put the macaroni in a pan, and pour over it some good beef gravy or soup, well seasoned with salt, pepper, and sweet herbs, sufficient to cover the macaroni ; add the salt, mustard, and pepper, and half the grated cheese. Let it simmer gently till the gravy begins to dry. Well butter a pie-dish, and pour into it the macaroni ; mix the rest of the cheese with the powdered biscuit, and strew over the pie ; cut a chittack of butter into small pieces, and put over the pie. Bake for a quarter of an hour ; the crust should be of a rich light brown colour.



231. *Macaroni and Veal Pie*.—Boil some macaroni as above ; let it drain ; then cut into pieces about half an inch long. Line a raised pork-pie mould with puff-paste, fill it with flour, and bake till the paste is of a pale brown ; clear out all the flour. Cut up some cooked veal into small pieces, with some slices of bacon or ham ; season a pint of white gravy with pepper and salt. Put the meat into the gravy, and set it over the fire till it boils ; put a layer of meat into the mould, then a layer of macaroni, and one of grated cheese ; repeat these layers till the mould is full ; the top layer should be of cheese. Put the mould and its contents into the oven ; when quite heated through, take it out, and brown the top with a salamander. Open the mould, and take out the shape. A large vegetable marrow, or Pulwul, may be used instead of the raised paste, if preferred. It should be cut in half, lengthwise, partly boiled, the seeds removed, and the shells filled with meat, cheese, and macaroni, as above.

232. *Venison (Hiran-gosht) Pie*.—Take either a neck or shoulder of venison ; cut out the bones and remove the skin, and cut into small square pieces. Place in a Degchá, or stewpan, with some garlic, allspice, mace, pepper and salt. Add a quarter of a pint of port wine or madeira, and cover with veal broth, or stock ; stew over a gentle fire till three-parts done. Then put the neatest pieces of the venison in a deep pie-dish, with a little gravy poured over them. Pour the rest of the gravy over the bones, etc., and boil for a quarter of an hour. Cover the pie with some raised crust, ornament the top, and bake in a slow oven. Take the gravy left from the bones, strain and skim it ; add a glass of port wine ; squeeze in the juice of a lime, and add a piece of butter rolled in flour. Pour into the pie, and serve.

233. *Fish (Machhlí) Pies*.—Most fish can be made into savoury pies, if cut into fillets, seasoned, and baked in paste. Sauce can be added before baking, made of veal broth or cream.

234. *Oyster (Sipí Machlí) Patties*.—Scald the oysters and strain the liquor ; add to it some cream, fine breadcrumbs, grated lemon-peel, a little cayenne pepper, a little salt, nutmeg, and very little lemon-juice. Line some patty-pans with puff-paste. Mix the oysters and cream, etc., well together, fill the

pans, cover them with paste, brush lightly with yolk of egg, and bake in a hot oven about a quarter of an hour.

235. *Lobster (Jhlnga) Patties*.—Roll out some puff-paste about a quarter of an inch thick, and prepare the patty-pans as for oyster patties. Take a boiled lobster, pick the meat from the claws and tail, chop it fine, put it into a Degchá with a little of the spawn mashed till quite smooth, with one chittack of Ghee, a half-spoonful of cream, the same of veal gravy, essence of anchovy, lemon-juice, cayenne pepper, and salt, and a table-spoonful of flour and water. Stew five minutes, fill the patties, and serve.

#### MEAT (OR GOSHT) PUDDINGS.

236. *Beefsteak and Kidney Pudding*.—Take half a seer of nice tender beef and beef-kidney, cut them in small pieces, season well with pepper and salt, and dredge a little flour over them. Rub a pudding-basin with butter, roll out your paste and line the basin with it, put in the beef and kidney, pour in a little water, cover the top with paste ; then tie the basin in a cloth that has been well dredged with flour, and boil for two hours.

237. *Beefsteak Pudding, Baked*.—Make a batter of milk, two eggs, and flour, or, which is preferable, potatoes boiled, and mashed through a colander ; lay a little of it at the bottom of the dish ; put in the steaks, well seasoned ; pour the remainder of the batter over them, and bake.

238. *Mutton Pudding*.—One seer of loin of mutton, pepper, salt, one dessertspoonful of chopped parsley and onion ; six sliced raw potatoes. Cut the meat in slices, season with herbs, pepper and salt ; make a crust with Sújí, flour, and suet ; line your pudding-basin with the crust, put in a layer of meat, then a layer of potatoes, and so on till the basin is full. Cover with crust, and boil in a floured cloth for rather more than two hours.

239. *Rabbit (Khargosh) Pudding*.—Choose a small rabbit, cut it into small pieces, with a few slices of bacon or ham. Make a good suet crust, line a pudding-basin with it ; lay in the pieces of rabbit, ham, and bacon ; season with pepper and salt, and pour in a cupful of water. Cover the top with crust, and boil for two hours.

240. *Toad in a Hole*.—Trim some mutton cutlets nicely, or take some cold fowl or meat and place in the bottom of a pie-dish, previously well buttered. Then make a batter thus: take four chittacks of flour, mix one egg with it, add half a pint of milk and a little salt; season the meat in the dish with pepper and salt, pour in the batter, and bake in a tolerably quick oven; it will take about three-quarters of an hour to bake. Batter is best mixed some hours before it is wanted, but it should not be put in the dish with the meat until you are going to bake it.

#### SPICED BEEFS, OR MASÁLIHDÁR GOSHT.

241. *Spiced Beef*.—Fry three or four slices of pork a light brown; lay in your raw beef and fry a little brown on both sides; cover with warm water, and simmer for six or seven hours, very slowly; water must be added as required. When nearly done add salt, cloves, allspice, about one teaspoonful of each, and a stick of cinnamon; when sufficiently cooked take out the meat, strain the gravy, and thicken it with flour or arrowroot.

242. *Spiced Beef (Another)*.—Take the thin part of a piece of beef, cut off the rib piece (called the flap), and take out any ends of bones that may be left. Rub it well with salt, and lay it in pickle two days; then take half a chittack of cloves, half a chittack of mace, and the same quantity of black pepper and Jamaica pepper, and a little chopped parsley, and spread the whole equally over the beef; roll it up neatly, and tie it very tight. Let it stew slowly over a moderate fire, till quite tender. Press it well, and, when cold, it will be fit for use. The spices should be laid on whole.

243. *To Cure Beef*.—Take fourteen seers of good beef, and rub it well with salt and saltpetre (shorá); then make a pickle of four chittacks of bay-salt, a quarter-chittack of saltpetre, four chittacks of coarse sugar or Shakkar, and fifty chittacks of common salt. Rub this well in every day for three or four weeks. Take out and roll in bran or sawdust, and hang it in a wood smoke for six or eight days. Hang in a dry place for a week; then keep it by covering it with bran.

244. *To Collar Beef*.—The thin end of the flank of fine mellow beef, not too fat; lay it in salt and saltpetre (shorá), in a cool

place for a week, turning and rubbing it every day. Then take out all bones and gristle, and the skin of the inside part, and cover it thick with the following seasoning, cut small : A large handful of parsley, the same of sage, some thyme, marjoram, and pepper, salt, and allspice. Roll the meat up as tightly as possible, and bind it, then boil gently for seven or eight hours. A cloth should be put round before the tape. Put the beef under a good weight while hot, without undoing it. Part of a breast of veal rolled in with the beef looks and eats very well.

245. *Collared Brisket (Sina) of Beef.*—Take the bones from a brisket of beef, rub it with one seer of salt, some saltpetre, brown sugar, and lemon-juice ; let it remain in the brine for thirty-six hours, rubbing it constantly. Then take it out of the brine, clearing away all the salt ; roll the beef tightly, tie it securely, and boil in a good stout cloth.

246. *Hunter's Beef.*—Rub a round of beef with four chittacks of saltpetre (Shorá) ; place a board with some heavy weights upon it, to press out the juice ; leave it for about eight hours ; then mix the following ingredients, and rub the beef thoroughly with them : Two chittacks of cloves, three chittacks of allspice one chittack of black pepper, one seer of salt, and a quarter-seer of brown sugar ; put it into a roomy Degchá, and rub the meat well every twelve hours ; cut twelve limes in half, squeeze the juice over the beef, and add a glass of brandy. When your beef is ready, cut small a seer and a half of beef suet ; put half in the bottom of the dish under the beef, and the rest upon the top ; cover with a paste made of ordinary flour, and bake it. Take off the crust when cold, and pour off the gravy.

247. *Corned Round of Beef.*—Choose a good round of beef ; take some salt (Namak), saltpetre (Shorá), and a little brown sugar (Shakkar) ; pound the saltpetre, pare fine the rind of four limes, and put it into a mortar, with a little brandy (about a tablespoonful). Pound it well, adding the sugar and half the saltpetre ; mix all together. Take two pounds of the salt, and mix the contents of the mortar into it ; divide into four parts ; rub one part of it into the round. The beef should be pricked during the process with a large needle, to allow the mixture to penetrate thoroughly. In

an hour or two take another fourth part of the mixture, add to it the juice of the four limes, and rub into the round, pricking lightly with the needle. The beef should be turned continually, so as to steep each side equally in the brine ; repeat the rubbing process several times during the day. Next morning, rub it well with another fourth part of the mixture, leave it for two hours, and then pour over it the old brine ; the rubbing must be repeated several times during the day, and the beef turned continually. The third day, half the remaining saltpetre must be rubbed into the beef dry ; let it stand for two hours, then add the rest of the saltpetre and juice of the limes to the remaining fourth part of the mixture, in which turn and rub the beef continually during the day, as before. In the evening pour over it the stale brine, cover with the remaining salt, and keep a heavy weight upon it till it is boiled the next day.

248. *Beef à la Mode*.—Take a corned round of beef, and, about twenty-four hours before cooking it, lard it with two seers of lard, half a tablespoonful of cinnamon-powder, a tablespoonful of pounded cloves, half a seer of powdered pepper, and four or five tablespoonsful of chatní. Mix the chatní, pepper, and spices with a wineglassful of mixed sauces ; cut the lard into long slices, and lay them in the mixture of sauces and spices, etc., for two hours ; then lard the beef as closely as possible through and through. Cook it next day, adding half a pint of vinegar, some bay-leaves and peppercorns to the water, or some claret or champagne may be substituted for, or added to, the vinegar.

249. *Beef Cooked in French Fashion*.—Take three seers of beef, and a half-seer of fat bacon, cut into thin strips ; roll each strip separately in a seasoning of pepper and parsley, and cover the beef thickly with them. Place some veal bones at the bottom of a pan, with a cover ; tie the larded beef round, and place it upon the bones. Pour slowly over it two tablespoonsful of rum, so as to penetrate the beef. Place a thin slice of bacon on the top, and a few carrots, an onion, half a turnip, and one head of celery. Put these into a pan, with a bunch of sweet herbs in a bag, some peppercorns, and pour over the whole a cupful of good gravy. Keep the pan well covered. Bake slowly in an oven for four hours. When cold, garnish with jelly, and with the vegetables stewed with the meat.

250. *Beef Rolled to equal Hare*.—Soak the inside of a large

sirloin in a glass of port and one of vinegar, mixed, for forty-eight hours. Have ready a fine stuffing, and bind it up tight. Roast on a hanging spit, and baste with a glass of port, the same quantity of vinegar, and a few pounded allspice. Larding improves the look and flavour.

#### SAUSAGES.

251. *Sausages*.—Chop fine three-quarters of a seer of pork, and the same of veal, avoiding the skin and sinews ; six chit-tacks of beef suet ; mince and mix them ; steep the crumb of a small loaf in water, and mix it with the meat, adding a little dried sage, pepper, and salt.

252. *Smoked Sausages à la Française*.—Mince any quantity you wish of fresh pork ; mix with it lard, salt, and fine spices ; fill the puddings, and tie them. Hang them in the smoke for three days ; then cook them in some stock for three hours, with young onions, a clove of garlic, parsley, thyme, and salt. When cold, serve up on a napkin.

253. *Pork Sausages*.—Take three seers of young pork, free from fat or gristle ; cut small, and pound fine in a mortar. Chop very fine three seers of beef suet ; add a handful of sage-leaves, shred fine ; the grated rind of a lemon, and some sweet herbs, two nutmegs, grated, a spoonful of pepper, and a large spoonful of salt ; mix all well together with the meat. Put it down close in the pot, and, when required for use, roll it up with egg.

254. *Beef Sausages*.—One seer of nice lean, tender beef, and half a seer of beef suet ; chop very fine, and add some powdered sage and sweet herbs, mixing well together. Season well with salt, pepper, nutmeg, etc., and the grated rind of a small lemon. Skins can be dispensed with, if they be rolled well in a beaten egg, fried in hot Ghee, and rolled about in the Karháí (frying-pan).

255. *To Fry Sausages*.—In addition to the usual method of frying sausages, a dainty and savoury dish may be served up with apples. Take half a dozen good-sized apples ; cut four of them in thin slices, and fry them with the sausages till of a light rich brown. Serve with the sausages in the middle of the dish, and the sliced apples round them. Cut the remaining two apples into quarters, take out the cores, and garnish the dish with them.

256. *To Broil Sausages.*—Prick the sausages all over with a large needle, to prevent them from cracking. Broil them over a slow fire for a quarter of an hour or twenty minutes. Serve very hot, on slices of toast.

#### ANDÁ, OR EGGS.

257. Eggs are a very nutritious food, and are wholesome, except when boiled too hard. They can be employed with advantage in almost every dish, and one weighing two ounces contains nearly as much nourishment as an ounce of meat and an ounce of bread.

To ascertain whether eggs are good and fresh, hold them between the thumb and finger of the right hand before a candle, shading the eyes with the left hand, by which means you will be able to detect any spots that may be in them; if there are only a few white spots, they will do for puddings, etc.; if you see a black one, throw it away, for it will be perfectly bad. If transparent and light, they are fresh. Or an egg can be put into a large basin of water, and if it sinks immediately it is good. They can be preserved for any time, by laying them in lime and water, about the consistency of thick cream, for twenty-four hours.

257 (a). *To Preserve Eggs.*—To each pailful of cold water add a scant pint of fresh air-slacked lime, one pint of common salt; mix well. Fill a barrel or crock half full of this fluid, and put the eggs down in it. Care should be taken to pack only fresh-laid eggs.

258. *To Boil Eggs.*—Put a pint of water into a small Degchá; set it over the fire, and let it boil. When boiling, put in with a spoon two or three fresh eggs, and boil according to size—from two and a half to four minutes. Take care not to crack the shells, or to boil too fast. A fresh egg should not be used until it has been laid ten hours. The albumen or white will not be set before that time has elapsed. Fresh-laid eggs if cooked very lightly are excellent for clearing the voice.

259. *To Boil Eggs for Toast.*—Boil for six minutes, throw them in cold water, remove the shell, and cut them in slices; put them on buttered toast, add a little pepper and salt, and serve. They are greatly improved by putting a little ketchup on the eggs, then sprinkled with breadcrumbs, and salamandered over.

260. *To Poach Eggs*.—Put a pint of water into a small Degchá, add one tablespoonful of vinegar, and a saltspoonful of salt ; let it boil, and then break the eggs carefully into the pan, and simmer gently for three minutes. Serve on a slice of thin buttered toast, or on bacon, ham, or spinach (Ság), minced and seasoned, etc.

261. *Mixed Eggs*.—Break some eggs into a Karháí, or frying-pan, in which you have previously warmed four tolahs of Ghee or butter, and add a little pepper and salt ; fry for three or four minutes, and serve on hot toast, or on thin slices of fried bacon, ham, etc.

262. *Eggs, to Fricassee*.—Boil some eggs rather hard, cut them in round slices. Make a sauce of Ghee, parsley, garlic, and pepper. Boil, and, when ready, add some cream, and a little flour to thicken with ; pour all upon the eggs, and serve.

263. *Eggs à la Suisse*.—Spread four tolahs of fresh butter over the bottom of a dish, cover with grated cheese, break some whole eggs upon the cheese. Season with cayenne pepper and a little salt, pour a little thick cream over the surface, grate some more cheese on the top, and bake in a moderate oven for fifteen or twenty minutes. Pass a hot salamander over the top to brown it.

264. *A Dainty Dish of Eggs*.—Take a small tart-dish, and break some eggs into it ; avoid injuring the yolks, or laying one over the other. Sprinkle a little warm Ghee or butter over them, and strew some breadcrumbs lightly on the surface. Put in an oven till the whites are set, lightly brown with a salamander, and serve with a wreath of parsley round the edge.

#### SAVOURY OMELETTES.

265. *Omelette au Parmesan*.—Mix up three eggs, and add a tablespoonful of grated and finely-sifted cheese, salt to taste, and a dessertspoonful of rich cream or new milk. Mix well. Cook in a hot pan, with a little Ghee, and serve the moment the omelette is ready, with cheese grated over the top.

266. *Omelette à la Française*.—Mix four eggs, yolks and whites together, with a tablespoonful of milk, and a little salt and pepper. Put four tolahs of Ghee in a Karháí, or frying-pan, and when thoroughly hot, pour the eggs into the Karháí, and let them remain quiet for a few minutes, separating the



omelette gently from the bottom of the pan with a fork. Shake the pan, to prevent the omelette burning at the bottom. Chopped onions or parsley can be added. The omelette should only be fried one side, served up, and doubled over.

267. *An Omelette*.—Mix four whole eggs with two dessert spoonsful of milk, a sprig of parsley, and a little pepper and salt ; a little rich gravy or lemon-juice can be added, if liked. Put four tolahs of Ghee into a Karháí, and set it over the fire for a few minutes, beating the eggs and herbs all the time ; pour into the pan, and let it stand for a few minutes over the fire, taking care to separate the omelette gently from the bottom of the pan. Fry for about five minutes, on one side, and serve it doubled over.

268. *Cornflour Omelette, with Onions and Chillies*.—Boil three tablespoonsful of cornflour, with a little water, quite thick, stirring all the time. Add to the boiled cornflour three well-mixed eggs, salt and pepper to taste, and a few sliced onions and chillies. Mix all well together, and fry. Serve immediately when done, and very hot.

269. *Omelette of Asparagus*.—Mix four eggs up with cream ; boil some of the finest asparagus ; cut off all the green in small pieces, and mix them with the eggs, and some pepper and salt. Fry, and serve hot on buttered toasts.

#### DESÍ-MACHHLÍ, OR INDIGENOUS FISH.

270. Fish forms a delicious addition to the table, and, if nicely and carefully dressed, may almost suffice for a good dinner by itself. Among the numerous varieties of excellent fish to be found in Indian waters, the following are some of those most generally served on the tables of European residents and Anglo-Indian families : the Bhaktí (Beckti), Rohú, Cutlá, Hilsá, Hurwarí, and pre-eminently the much-sought Topsis-Machh (or mango-fish) which appears, and is abundantly netted, during the mango season. The Jhíngá and Chingrá (prawns and shrimps) and Kekrá (crab) find place in curries, and bhartás, with the far-famed Bombay Bumlee-Súkhtee, which is much used in the same way. Sípí-Machlí (or oysters) are also obtainable at Bombay and Calcutta. Most of the above-named fish are dressed as curries, or are boiled, broiled, and fried into

good nutritious tasty dishes. Great care should always be taken to well clean the fish before it is dressed, and to see that the *Karháí*, or frying-pan, and *Degchá* used for cooking are scrupulously clean. Salt-fish should be soaked in water before boiling, according to the time it has been in salt.

271. *To Boil Fish*.—Fish should be put on in cold water, with a little salt ; the addition of a very little saltpetre (*Shorá*) will render the fish firm. When sufficiently cooked, the flesh will separate readily from the bone, and will have lost all appearance of redness and transparency.

272. *To Fry Fish*.—They should be cleaned thoroughly, and dried on a folded cloth. Dredge them lightly with flour, brush them with the yolk of egg, and dip in breadcrumbs. The *Karháí* (frying-pan) must be placed over a clear, moderate fire, and, when hot, sufficient Ghee boiled up in it. Fry, turning the fish when one side is brown. Serve, extremely dry, on a napkin, or white embossed fish-paper.

273. *To Broil Fish*.—Have ready a very clear fire. Rub the bars of your gridiron with dripping or a piece of beef suet, to prevent the fish from sticking to it. Work into a good piece of butter enough pepper and salt to season your fish ; lay the fish on it when broiled, and put the butter over every part of it with a knife-blade. Serve very hot.

274. *Hilsá Fish, Preserved in Tamarind (or Imlt)*.—Take some good fresh *Hilsá* fish, full size, with roes ; cut away the heads and tails, remove the roes, and all the scales and fins ; clean the fish thoroughly, and cut in slices about an inch thick. A dry clean towel should be used for the purpose of cleansing—no water. After all the blood, etc., has been cleaned and wiped away, place slices of fish and roe on a clean dish ; sprinkle thickly with salt, and cover with a wire dish-cover. Make a thick pickle of ripe tamarinds, some good vinegar, and a little salt ; pass it through a hair sieve. Four or five hours afterwards put a layer of pickle into a jar ; wash away the salt from the fish with a little vinegar, and put some pickle over each slice of fish and roes ; lay them in the jar ; cover them with a thick layer of the pickle. Cork the jar securely, and tie it down with a bladder, to keep it air-tight. In three weeks it will be fit for use. It is better to fill each jar well up to the mouth. If

the above directions are carefully carried out, the fish will keep good for months.

275. *Fish Mooloo*.—Fry three or four chillies in a little Ghee ; slice half a clove of garlic and some onions ; half fry them ; add two tablespoonsful of cocoanut-milk, and continue to fry till dry. Then stir into it a teacupful of cocoanut-milk, a little vinegar, some sliced ginger, salt, and peppercorns, and while hot pour it over a cold fried or boiled fish.

276. *Another*.—Cut up a fish into small squares ; fry in some Ghee, with egg, breadcrumbs, and turmeric, of a nice brown colour. Boil some sliced green ginger, and sliced green chillies in cocoanut-milk ; add the fish, with a little salt, and simmer gently till the sauce has thickened. Serve up hot.

277. *Smoked (Hilsá) Fish*.—Cut a Hilsá down the back ; open, and well wash and salt. Sprinkle over a bright charcoal fire some bran and brown sugar. Put an open-work bamboo basket over the fire, and cover it with a coarse duster. Place the fish over the duster, and allow them to smoke. When one side has become a nice brown, turn and brown the other side. The smoke can be kept up by adding more bran, etc., to the fire.

278. *To Preserve (Rohú) Fish*.—Slice thin any quantity you like ; salt for twenty-four hours ; press them. Have ready a gravy of tamarind and vinegar, and place the fish in it.

#### FISH SAUCES, OR MACHHLÍ-CHÁSHNÍ.

279. *Sauce for any Fish*.—Put into a Degchá a cupful of melted butter and three tablespoonsful of stock. Add a little parsley, an onion cut very fine, two mushrooms minced fine, a lemon cut into thin slices, and a glass of white wine. Stew for half an hour over a slow fire ; then add the yolks of three eggs, well beaten. Stir over the fire for five minutes, strain through a sieve, and serve with any fish.

280. *Anchovy Sauce for Fish*.—Take half a pint of good melted butter, and stir into it three dessertspoonsful of anchovy essence. Season to your taste, and boil for a minute or two. Plenty of cayenne and a little mace are an improvement to this sauce.

281. *Shrimp (Chingri) Sauce*.—Mix a teaspoonful of anchovies and a pinch of cayenne pepper with half a pint of melted butter ; add a pint of picked shrimps to the melted butter when boiling. Keep it by the side of the fire for a few minutes, but do not boil again. This sauce may be improved by a small piece of lemon.

282. *Lobster (Jhingá) Sauce*.—Cut a lobster into small pieces ; mix it with the coral ; put it into half a pint of fresh cream, and a quarter of a pint of melted butter. Stir over a slow fire till it boils. Add a very little lemon-pickle.

283. *Oyster (Sipt-Machli) Sauce*.—Boil the oysters with their own liquor, the beards, a bit of mace, and lemon-peel. Throw the oysters into cold water, and drain it off. Strain the liquor, and put it into the saucepan with them. Add half a pint of melted butter, and simmer gently for a few minutes.

284. *Egg (Andá) Sauce*.—Boil two eggs for twenty minutes ; half chop the whites, put in the yolks, chop them into small dice. Put into a hot sauce-tureen, and pour over them a quarter of a pint of boiling melted butter. Stir the sauce round once or twice.

#### BEEF (GÁE-KÁ-GOSHT).

285. *Time required for Roasting*.—Meat generally takes the same time to roast as to boil, viz., a quarter of an hour to each pound in the piece to be cooked, but allowance should be made for the strength of the fire, and the heat or coldness of the weather.

286. *Beef, To Roast*.—Place the meat at a proper distance from the fire, and it is a good plan to put a little salt and water in the dripping-pan ; baste the meat a little with it ; let it dry ; then dredge it well with flour ; baste with good butter ; let the thickest part of the beef have the most fire. When the steam draws near the fire, it is a sign of its being sufficiently cooked. Serve with a garnish of horse-radish (Sah-janá-kí-jar) scraped fine. Beef when roasted should, as a general rule, be somewhat underdone.

287. *Roast Sirloin of Beef*.—Attach the joint evenly on a spit, or Sikh, at about eighteen inches from a good fire, and baste it well with a little clarified good dripping ; continue

basting every fifteen minutes, till about half an hour or twenty minutes before it is done. Then stir and clear your fire, sprinkle a little salt over your meat, and dredge it with flour ; turn again till it is brown and frothed. Place the joint on a hot dish, and pour some good gravy over it. Garnish with finely-scraped horse-radish, in little heaps. Yorkshire pudding can be served on a separate dish.

288. *Sauce for Roast Beef.*—Take a large tablespoonful of finely-grated horse-radish, a dessertspoonful of made mustard, and half a dessertspoonful of brown sugar ; mix these well together, and add vinegar till it be as thick as made mustard. Serve in a sauce-tureen.

289. *Beef, Boiled.*—The pot should be kept boiling, but allowed to boil very slowly. The scum should be removed as it rises ; this should be carefully attended to, or it will fall back and disfigure the meat. The more carefully you skim, the cleaner and nicer the meat will look. The meat should be put into *cold* water. Allow a quart of cold water to every pound of meat.

290. *To Boil a Brisket of Beef.*—Boil the thick end of a brisket of beef with carrots, turnips, and some celery for two hours. Then simmer till done, allowing twenty minutes to every pound of beef. Care should be taken to fill up the pot as the water decreases. An hour before the meat is done take out enough broth to fill your soup-dish, and boil in it carrots, turnips, and celery ; cut in small pieces, and season with pepper and salt. Serve the beef in one dish, and the soup in another. Add sippets of toasted bread with the soup.

291. *To Boil a Silverside of Beef.*—Take ten or twelve pounds of silverside of beef, after it has been in pickle for nine or ten days ; wash it in water ; skewer and bind it in a round form. Put it in a large Degchá of water, and, as it boils, remove the scum very carefully ; then simmer slowly until done. Draw out the skewers, and substitute a plated one. Pour over it a little of the broth, and garnish with boiled carrots and parsnips.

#### VEAL (BACHHRÁ-KÁ-GOSHT).

292. Veal should be white in colour. Cow veal is to be preferred to the veal of a bull-calf. It is wholesome for those

who are strong and healthy; and, as it possesses no heating quality, it is often allowed by medical men to patients convalescent from an attack of fever, and where there is any tendency to bleeding of the lungs; but is thought by some physicians to be indigestible and apt to irritate the stomach.

293. *To Roast a Fillet of Veal.*—Take out the bone of the joint, and make, with a sharp knife, a deep incision between the fillet and the udder. Stuff it with the following: Two chittacks of suet chopped fine, parsley and sweet herbs chopped fine, grated bread, and lemon-peel, salt, pepper, nutmeg, and the yolk of an egg well beaten, all worked up together. Bind the veal up in a round form, and fasten securely. Run the spit as nearly through the middle as you can, cover the veal with buttered paper, and keep at some little distance from the fire at first, advancing it as it becomes dressed. Baste well, and frequently; just before it is done, remove the paper, dredge the joint with flour, and baste with butter, to give it a frothy appearance. Remove the skewers, substituting a plated one; pour some melted butter over the fillet, with the juice of a lemon, and a little of the brown gravy from the meat. Garnish with slices of cut lemon, and serve with pickled pork, boiled ham, or bacon.

294. *Roast Loin of Veal.*—Take some of the kidney end of a loin of veal, skewer the flap over the kidney, cover with buttered paper, run the spit through the thick end lengthwise, and place to roast before a good fire. When done, take off the paper, dredge with a little flour, and baste with butter. Serve with melted butter poured over it. If preferred, the kidney and fat can be sent separately to table on a toast.

295. *Boiled Knuckle of Veal.*—Put a knuckle of veal into a Degchá, with just enough water to cover it; simmer gently, and when it reaches boiling-point throw in a dessertspoonful of salt; skim frequently, and boil till tender. Serve with parsley and butter, and, if you like, a salted pig's cheek. Rice can also be boiled with it, and stewed cucumber (Khírá) or green peas (Mátár).

296. *To Boil a Calf's Head.*—Carefully wash, clean and dry; parboil one half; rub it over with the yolk of an egg well beaten, and strew over it a seasoning of salt, pepper, thyme, parsley chopped small, shred lemon-peel, grated bread and

nutmeg ; put small pieces of butter over it and bake it. Put the other half in a cloth and boil, and place both in a dish. Take the brains and boil them in a cloth with a little parsley ; then chop them small, and warm them in a Degchá with a little pepper, salt, and butter. The tongue must be boiled and skinned, and placed in the middle of a small dish with the brains round it. Serve with a dish of bacon or pickled pork, greens, and carrots.

### MUTTON (BHERÍ-KÁ-GOSHT).

297. Before giving any recipes for joints under this head, the compiler would tender a word of advice to the new-comer. The Qasáí, or butcher, as a rule, fattens his sheep on oil-cake, which, though not objectionable, does not impart such good flavour to mutton as when sheep are Gram-fed. Sheep in India are dirty feeders ; and if good mutton be desired, the best plan is to subscribe to a small Mutton Club. This can be easily done, as nearly every station in India possesses one or two.

298. *To Roast a Leg of Mutton.*—Wipe dry, and dust with flour and pepper. Put a little salt and water into the dripping-pan, and baste the joint for a short time with it ; then baste every fifteen minutes with the meat's own gravy. Serve with gravy poured around, and currant jelly.

299. *To Roast a Saddle of Mutton.*—Take the skin off the mutton, and strew over it, cut small, truffles, lean ham, onions, thyme, parsley, sweet herbs, spice, pepper, and salt. Put the skin over all neatly, and tie over it some well-buttered paper. Take off the paper when the meat is nearly done, so that the surface of the meat may become nicely browned. Serve with some good gravy.

300. *Leg of Mutton, to force.*—Remove the bone carefully from a leg of mutton ; then make a forcemeat of some sweet herbs, breadcrumbs, suet, the grated rind of half a lemon, nutmeg, pepper, and salt ; bind with the yolks of three eggs and a glass of port wine ; fill up with the forcemeat the hole from where the bone has been taken. Tie it round, and roast before a bright clear fire. Serve on a hot dish with some good brown gravy.

301. *To Roast a Shoulder, Neck, and Loin of Mutton.*—These and other pieces of mutton need no stuffing, and the general directions for roasting, if carefully attended to, will be amply sufficient.

302. *To Collar a Breast of Mutton.*—Remove the gristle and bones ; take some breadcrumbs, a few cloves, some mace, salt, pepper, and a little lemon-peel, grated ; lay the meat flat ; brush it over with yolk of eggs, and spread the seasoning over it ; two or three anchovies boned and mashed can be added if preferred. Then roll the meat as tight as possible ; bind it securely, and either roast or bake.

303. *To Boil a Leg of Mutton.*—Soak for an hour or two in water with a very little salt in it ; dry, and boil in a floured cloth. Serve with caper sauce, mashed turnips, potatoes, greens, and oyster sauce.

304. *Shoulder of Mutton with Oysters.*—Hang for some days, then salt well for two days ; bone it, sprinkle with pepper and a little pounded mace ; lay some oysters over it ; roll the meat up tight, and bind securely. Stew in a small quantity of water, with a few peppercorns and an onion, till quite tender. Have ready some good gravy, with oysters stewed in it ; thicken with a piece of butter rolled in flour, and pour over the mutton.

#### LAMB (BHER-KÁ-BACHCHA).

305. Lamb will not keep long ; when fresh killed, the vein in the neck is bluish ; but if becoming stale the vein is greenish.

306. *To Roast a Fore-Quarter of Lamb.*—It can be roasted either whole or in separate parts. Cover with buttered paper, and spit evenly ; roast before a brisk clear fire, basting well with butter. Serve with gravy, and mint sauce in a tureen.

307. *Leg of Lamb, to force.*—Cut the leg on the wrong side, and take out as much meat as you can, without cutting the outward skin. Pound this meat well, with an equal weight of suet ; add a dozen oysters, two boned anchovies, salt, black pepper, mace and nutmeg, and a little finely-chopped thyme and parsley ; mix all well together, and bind with the yolks of three eggs. Fill the skin tight with the stuffing, and sew up very close. Roast before a clear fire, and serve.



308. *Roast Shoulder of Lamb*.—Roast at a moderate distance from a nice clear fire, and baste constantly. Serve with gravy poured round the joint, and mint sauce in a tureen. Peas, cauliflowers, French beans, and potatoes should be served with roast lamb.

309. *Boiled Leg of Lamb*.—Steep for some time in cold, soft water, to which add a very little vinegar and salt; wrap in a thin floured cloth, and boil slowly, with a bundle of sweet herbs. Garnish with parsley and thin slices of lemon, or with a border of carrots and turnips round the dish.

310. *Lamb's Head and Pluck*.—Wash the head clean, and soak for two hours in water. Brush it over with yolk of egg; dredge thickly with breadcrumbs, egg again and cover with breadcrumbs; season with pepper and salt and grated nutmeg; brown in an oven. Scald the pluck, set it to cool, mince it up fine; boil the brains for ten minutes in vinegar and water with a little salt, mince them and add to them the yolk of an egg, a little milk, chopped parsley and lemon-juice; mix well, add to the minced pluck, season with pepper, salt, and grated nutmeg; put into a Degchá with a little thinly-cut lemon-peel, some mixed sweet herbs, and a little stock. When done, add the yolk of an egg beaten up with a little cream, place the mince in a dish, and serve the lamb's head on it.

311. *Lamb Sauce*.—Take some finely-chopped parsley, shallots, and grated bread, and mix with a little butter. Put the whole into a Degchá with a little stock and a glass of sherry; season with pepper and salt, and squeeze a lemon into it.

#### PORK (SUÁR-KÁ-GOSHT).

312. A thin rind is a merit in all pork. When fresh, the flesh will be smooth and cool; if clammy, it is tainted.

313. *Roast Leg of Pork*.—Score the rind with a sharp knife all round the joint, and roast, turning constantly and basting well. Serve with brown gravy or tomato sauce.

314. *Roast Leg of Pork with Stuffing*.—Prepare as in above recipe: cut a slit in the knuckle with a sharp knife, raise the

skin, and fill the space with sage and onion stuffing ; fasten with a skewer, and roast before a clear fire, basting frequently. A little before serving moisten the skin all over with a little butter, dredge with flour, and place it nearer the fire to brown and crisp. Serve on a hot dish with gravy poured round it, and apple sauce in a tureen.

315. *To Barbecue a Leg of Pork.*—Put the leg down to a nice brisk fire. Pour two bottles of port wine into the dripping-pan, and baste the pork with it frequently. When sufficiently cooked, mix what is left in the pan with two anchovies, the yolks of three eggs boiled hard and pounded fine, two chittacks of butter, a bunch of sweet herbs, half a lemon, a teaspoonful of lemon pickle, a spoonful of ketchup, and one of tarragon vinegar. Draw the pork ; cut the skin down from the bottom of the shank in rows an inch broad ; raise every other row towards the shank ; strain the sauce, and serve boiling hot.

316. *To Roast a Sucking Pig.*—Get it, if possible, the day after it is killed ; put it into cold water for ten minutes, then scald it. Stuff it well with sage and onion forcemeat, or with sago, crumbs of bread, pepper and salt. Skewer back the legs, dry it before a brisk fire, then dredge it with a little flour, and rub with butter in every part. Again dredge with flour ; roast till ready to serve. Then scrape off the flour, cut off the head, split it in halves, divide the pig down the centre, lay the backs together, put the ears on each side, and the halves of the head at each end of the dish. Pour over it a sauce of fine melted butter, with a squeeze of lemon-juice in it, and a little sage and breadcrumbs ; garnish with lemon or bread sauce, and currants in a basin. Send some of the sauce to table in a tureen. Either tomato, bread, or apple sauce can be eaten with it, as preferred. Many serve a sucking pig whole.

317. *To Bake a Sucking Pig.*—Flour the pig all over, rub it with butter, put it in a well-buttered dish, and bake in an oven. When done, take it out, rub it well with a buttered cloth and put it in the oven again till dry. Remove the fat from the dish in which it was baked, mix the gravy that remains with a little veal gravy, add a piece of butter rolled in flour, and boil up with the sage that comes out of the body. Serve in a tureen. The pig should be stuffed before being put into the

oven, as is done for the roast pig. Apple or currant sauce can be served, if preferred.

POULTRY (MURGÍ, BATAKH, PERÚ WAGAIRÁ).

318. The chief object in choosing poultry is to ascertain the age of the fowl.

*Fowls* should be plump and fat. When young the legs and combs are smooth.

*Turkeys.* When young the legs are smooth and black. If fresh killed the eyes are clear and full, and the feet moist.

*Geese.* The bills and feet, when young, are yellow.

*Ducks.* Those with plump breasts and pliable feet should be chosen.

319. *To Roast Turkey (Perú).*—In drawing the turkey take care not to tear the liver, or to let the gall touch it. Fill the inside with veal stuffing or sausage-meat, or with a bread stuffing. Let the heat of the fire be chiefly applied to the breast. Cover with buttered paper. Baste well, and froth it up. Serve with gravy in the dish, and bread sauce in a tureen.

320. *Turkey (Perú) and Pistachio Nuts (Pistas).*—Take some pistachio-nuts, pound them in a mortar with the liver of the turkey, two chittacks of ham, sweet herbs and parsley chopped fine. Season with mace, nutmeg, pepper, and salt; mix all well together, and stuff the turkey with the mixture. Roast according to ordinary directions. For sauce, take some of the nuts, cut them in pieces, put them into a strong gravy with a glass of white wine, and thicken with a piece of butter rolled in flour.

321. *To Boil Turkey (Perú).*—Put into the crop a stuffing of herbs, bread, salt, pepper, nutmeg, lemon-peel, a few oysters, or anchovy, a bit of butter, some suet, and an egg; fasten up the skin, and boil the bird in a floured cloth. Make some sauce, with oysters, butter, cream, and a little soy, and pour over the turkey or serve separately.

322. *To Roast Goose (Ráj-hans).*—Wash and dry it, and stuff with onions, sage, pepper, and salt. Fasten securely and then roast, according to general directions. Cover the breast with buttered paper; baste well. When the breast rises,

remove the paper, and serve before the breast falls. Send a good gravy in the dish. Gravy and apple sauce in tureens. Serve gooseberry sauce with a green goose.

323. *To Boil Goose (Ráj-hans)*.—Prepare and singe the goose ; then pour over it two pints of boiling milk, leave it all night in the milk ; then take it out and dry it well. Stuff with sage and onions, pepper and salt ; sew up the openings, hang it for one day. Boil for an hour, and serve with onion sauce.

324. *Goose Sauce*.—Mix a teaspoonful of made mustard, a salt-spoonful of salt, and a little cayenne pepper in a large wine-glassful of claret or port ; pour it into the goose just before serving up. This sauce can be used for roast goose, duck, or pork.

325. *Dumpo-de-Goose (Ráj-hans): Indian Way*.—Carefully bone a goose, and then pour into it a mixture made of a dessert-spoonful each of sweet oil, mixed sauces, and mustard. Make a gravy of the giblets, which season with soup herbs. Then mince a seer of beef with four chittacks of fat bacon and the liver of the goose ; mix with it some hot spices, finely-grated breadcrumbs, and some garden herbs. With this mixture stuff the goose. Then melt two chittacks of Ghee in a large Degchá, put in the goose, pouring over it the broth made of the giblets, and allow the whole to stew till quite tender. Serve up surrounded with boiled turnips, carrots, onions, and potatoes.

326. *To Roast Duck (Batakh)*.—Stuff with sage and onion, etc., and roast before a clear bright fire, basting constantly till done. Before serving froth and brown them. Serve with some good brown gravy poured round and some separate gravy in a tureen. Green peas should always be sent up with roast duck, if in season.

327. *To Boil Duck (Batakh)*.—Proceed as for a goose. Serve a sauce as follows : Twice boil some onions ; add chopped parsley, some good gravy, a little lemon-juice, and a glass of port wine. Smother the ducks with the sauce.

328. *Dumpo-de-Duck (Batakh): Eastern Way*.—This is prepared and served up in precisely the same way as given in recipe for Dumpo-de-Goose.

329. *To Roast Fowls (Murgí).*—Partly roast the fowls ; then skewer some pieces of fat bacon to them. Baste well. Make a gravy of the necks and gizzards ; strain and add a little browning. Serve with egg sauce and garnish with the slices of bacon. For stuffing, make a forcemeat with the liver, parsley, shallots, butter, pepper and salt, yolk of egg, breadcrumbs, and suet.

330. *To Boil Fowls (Murgí).*—Truss the fowls ; wrap them in a nice floured white cloth ; bring them gradually to a boil, skimming carefully as the scum rises. Then simmer very slowly. Serve them on a hot dish ; remove the skewers ; pour over the fowls parsley and butter, oyster, lemon, or white sauce ; and serve some sauce separately in a tureen. Boiled bacon, ham, or tongue is usually eaten with them.

#### GAME (MURGÁBÍ, CHÁHÁ CHIRIYÁ).

331. *To Roast Pigeons (Kabútar).*—Stuff the pigeons with a mixture of pepper, salt, a piece of butter, and parsley cut small ; tie the necks tight and roast, basting them with butter. When done, lay them in a dish swimming with gravy. Serve with bread sauce, or send up a tureen of parsley and butter, in which case garnish the pigeons with fried parsley.

332. *To Fricassee Pigeons (Kabútar) Brown.*—Cut your pigeons into quarters, season with half a blade of beaten mace, pepper and salt. Fry a light brown in butter, and drain on a sieve ; then put them in a Degchá with some good gravy, some sweet herbs, a glass of port wine, the peel of half a lemon, and three shallots chopped fine. Stew for thirty minutes, closely covered, then thicken with a piece of butter rolled in flour ; add pepper, salt, a few mushrooms, lemon-juice, and a few forcemeat balls boiled. Stew all together for about ten minutes ; skim the gravy. Serve on a hot dish, and garnish with lemon.

333. *To Boil Pigeons (Kabútar).*—Stuff the pigeons with a mixture of chopped parsley, breadcrumbs, pepper, salt, and a piece of butter. Boil a quarter of an hour in some good mutton broth or gravy. Then boil some rice in milk till soft ; beat into it the yolks of two or three eggs, a little cream, and a grated nutmeg : mix well with a piece of butter rolled in flour. Serve hot with the pigeons.

334. *To Roast Wild Duck (Janglí-Batakh).*—Truss the

ducks, spit them and put them to roast before a clear brisk fire. Baste well with butter and dredge with flour, and serve nicely frothed and browned, with a good gravy in the dish. Make a few incisions across the breast ; put on it a piece of fresh butter, and then cut a lemon in half, put a little salt on one half and a little cayenne pepper on the other ; join it together, and squeeze the juice over the ducks ; add a glass of warm port wine and serve immediately. Wild ducks are generally preferred a little underdone.

335. *To Roast Quail (Batér)*.—Prepare and truss the birds. Put slices of fat bacon over the breasts, and cover with vine-leaves. Roast for twelve or fifteen minutes ; serve very hot, with some good gravy poured round them.

336. *To Roast Teal (Murgábi)*.—Roast before a bright hot fire, and baste often with butter. Serve with orange sauce, garnish with lemon, orange, or watercress. Send up some good gravy in a tureen, and a cut lemon on a plate.

337. *To Roast Snipe (Cháhá)*.—Flour and baste with butter. Have ready a slice of bread toasted brown and buttered, which lay on a dish, and set under the birds for the trail to drop on. Froth them ; cut the toast in quarters, and pour some gravy and butter over it ; serve the snipes on it, with the bills turned outward. Serve with butter, and garnish with lemon or orange.

338. *To Roast Guinea Fowl (Títar)*.—Lard the breast well with shreds of fat bacon, and truss as a pheasant. Roast before a clear brisk fire, basting well with butter ; just before it is done dredge with flour, as a roast fowl is done, and froth it nicely. Serve with some rich gravy poured round it, and send some up separately in a tureen, and some bread sauce.

339. *Stuffed Guinea Fowls (Títar)*.—Stuff the bird with a rich pork forcemeat, cover with white paper, thickly buttered, and roast for about an hour, basting constantly. Serve with good gravy and bread sauce.

#### CHATNÍ, SAUCES, PICKLES, ETC.

(Savoury relishes and seasoning for Kárhí, Cold Meats, etc.)

340. *Mithá Ám (or Sweet Mango) Chatní*.—Take a seer of green mangoes about to ripen, and not too small. Peel and cut

them in thin slices, throwing away the stone, and then soak in good vinegar for five minutes. Meanwhile, take a quarter of a seer of raisins (pick and wash the same), two chittacks of almonds, peeled, a teaspoonful of pepper, about five or six chillies, half a chittack of garlic, about two teaspoonsful of table salt, and a quarter of a seer of clean sugar. Grind all together very fine, with a sprinkling of vinegar. No water should be used. Bottle and place in the sun for a week.

341. *Dil-khush (or Sweet) Chatní.*—Mix well together the following: One pow of ripe tamarinds (Imlí) without the seeds, one pow of garlic, one pow of ginger, half a seer of raisins, two chittacks of chillies ground fine, with a little vinegar, a hundred green mangoes sliced and dried, with one chittack of salt and two and a half seers of moist sugar made into syrup with vinegar. Cook all the above together, taking care it does not burn. This forms a very nice Chatní.

342. *Maliká (or Sweet) Chatní.*—To two seers of Chíní, or sugar, have six chittacks each of dried dates (Chhohárás), and raisins, four of ginger, currants (Monáká), and dried mangoes (Khataí), half-chittack of garlic, a little cayenne, with two bottles of vinegar. First soak the mangoes in water for twelve hours; then, having drained off the water and dried them, strain thoroughly (with half a bottle of vinegar) in a coarse cloth. Soak the dried dates similarly, then remove the stones and chop up the pulp into small pieces, as also the ginger. Then pound the garlic and chillies in cayenne together, and having stoned the currants, put the ingredients with the remaining half bottle of vinegar in a Degchá, adding sugar, and boil all for a few minutes. Bear in mind that the mixture should be well stirred all the time, to prevent it burning. The pounded mangoes should be added last of all, and boiled with the mixture. After it is cool put into jars or wide-mouthed pickle bottles and cork.

343. *Ránt (or Queen's) Chatní.*—Mangoes, four seers; sugar, five seers; raisins, half-seer; ginger, half-seer; salt, half-seer; garlic, half-seer; chillies, quarter-seer; vinegar, one and a half bottles. The two first ingredients to be boiled to a jelly, then add half the chillies, raisins, and ginger whole (the latter sliced) with the half-bottle of vinegar. After boiling for a

few minutes, add the other ingredients (first grinding fine) for half an hour with the remaining bottle of vinegar.

344. *Hot Sweet Mango Chatní.*—With a hundred green mangoes take two seers of tamarinds, three quarts of vinegar, two seers of moist sugar, half-dozen bay-leaves, half a seer chillies, a seer of sliced ginger, quarter-seer garlic, half-seer raisins, and a seer of table-salt. Having peeled and stoned the mangoes, cut them into slices, and steep them in some of the salt for a day. Next drain off the salt water, and boil the mangoes in the three quarts of vinegar. Then, when quite cool, sprinkle them with the remaining salt, adding all the condiments, raisins, tamarinds, etc., and allow the whole to simmer for half an hour, stirring all the time in the syrup formed out of the moist sugar. Bottle off as soon as cool, and keep in the sun for a few days.

345. *Sliced (Sweet) Mango Chatní.*—Mangoes peeled and cleaned of stone, two and a half seers ; sugar, one seer ; raisins, half-seer ; dry dates, one quarter-seer ; ginger, quarter-seer ; garlic, two chittacks. Chillies according to taste, and almonds may be added if liked. Make the sugar into a thin syrup, and slice all the above-mentioned ingredients with the dates ; first put the ginger in the syrup, and keep it on the fire till it becomes soft, then take that out and put in the garlic, and last of all the whole, well mixed, and put on the fire till it becomes settled like jelly.

346. *Delicious Mango Chatní.*—Mangoes, three seers ; peel them, take out the stones, and cut them into quarters lengthwise ; boil them slightly in a bottle of vinegar, then put by till cold. Take another bottle of vinegar, to which add one seer of sugar, and boil into a thin syrup, which also put by till cold, then take one seer of raisins (pickled and dried), two chittacks of yellow mustard seed, two chittacks of salt, half a seer of ginger and two chittacks of garlic (the garlic may be omitted) ; grind the ginger and garlic (if used) separately on a curry-stone, then add two chittacks of chillies, pounded fine ; mix the ingredients, and put in a jar, which expose to the sun for three or four days, after which bottle for use.

347. *Mazadár-Chatní.*—To one seer of green mangoes have the following ingredients : One and a half seers raisins, one and



a half seers sugar, half-seer tamarinds, half-seer almonds, shelled; half-seer green ginger, six chittacks salt, six chittacks garlic, two chittacks chillies, one gallon vinegar. The mangoes should be peeled and soaked twenty-four hours, then exposed to the sun two or three hours; the other ingredients should be steeped in vinegar for twenty-four hours, and then ground; none of the ingredients should be washed except the almonds; a quarter-seer of dates (Choochara) may be added; keep half the almonds and raisins whole, and cut the mangoes into thin slices. Mix all together in a Degchá, and cook till it thickens to a proper consistency; then bottle and seal and place in the sun for a few days.

348. *Bahádurí Chatní*.—With three seers of mangoes sliced put the following: Three seers of sugar, one seer of raisins, half-seer of ginger, one and a half chittacks of chillies, ground. Mix all gradually together with two bottles of vinegar, and put on a very slow fire till it boils to a proper consistency.

349. *Lát-Mulki Chatní*.—Take four chittacks of chillies, two chittacks of garlic, four chittacks of ginger, four chittacks of mangoes, thin dried; four chittacks of almonds, four chittacks of raisins, two chittacks of sugar, two chittacks of mustard-seed, and four chittacks of salt. Grind all very fine with vinegar. No water is to be used, or it will spoil.

350. *Empress Chatní*.—Take of raisins half a seer; ginger, half a seer; dried mangoes, half a seer; dried chillies, quarter-seer; sugar, half a seer; vinegar, two bottles. Pound well, and mix all but the raisins and ginger, which must be sliced very thin and mixed with the rest. Put the mass into a jar well closed, and expose to the sun daily, after which it will be fit for use.

351. *Lucknow Chatní*.—Take of green mangoes four chittacks; green or red undried chillies, four chittacks; brown sugar, four chittacks; ginger, four chittacks; garlic, four chittacks; raisins, four chittacks; tamarinds, two chittacks; salt, four chittacks; vinegar, one bottle. These are all to be ground well together with the vinegar and put into bottles well closed, and exposed to the sun until it assumes a dark colour. It is then fit for use.

352. *Hyderabad Chatní.*—One seer green mangoes ; quarter-seer dry chillies, pounded fine ; quarter-seer garlic, well bruised ; half a seer of moist sugar ; half a seer of raisins ; one and a half seer of ground green ginger ; and about fifty good Nímbú, or limes. The juice of the limes should be added to the above ingredients, all thoroughly ground, and some vinegar may be added if the limes are insufficient. Mix two tablespoonsful of salt with the above ; then bottle ; put in the sun for a week, when it will be ready for use.

353. *Agra Chatní.*—Take of sugar one seer ; salt, eight chittacks ; garlic, eight chittacks ; dried chillies, four chittacks ; yellow mustard-seed, eight chittacks ; raisins, eight chittacks ; thirty green mangoes ; vinegar, two bottles. Wash and dry the mustard-seed in the sun, and then bruise it gently so as to remove the husk. The garlic, ginger, and chillies must be sliced very thin, and the sugar must be made into syrup, the mangoes peeled and cut into small bits, after which it must be boiled in a bottle and a half of vinegar. When this is done and the mangoes become cold sprinkle first a little salt, then the mustard seed, garlic, and chillies, and mix them gradually with the syrup till the whole is combined ; then give it a final stir, which completes the Chatní. Add the vinegar in which the mangoes were boiled.

354. *Delhi Chatní.*—Take one seer of garlic, one seer of Gur (coarse sugar), one seer of ginger, one seer of salt, twelve chittacks of raisins, one and a half seer of dried mangoes (Amchúr), half a seer of dried chillies, five seers of vinegar. Steep the mangoes in vinegar at night, and grind them in the morning, adding a little vinegar as you go on. Do the same with the rest of the ingredients, and mix the whole up ; put it into a large jar or into bottles, and put it out occasionally in the sun.

355. *Bengal Chatní.*—Take half a seer of Imlí or tamarind pulp, half a seer of sultana raisins, the grated rind and half the juice of twelve lemons, half a seer of the pulp of the tomato (Waláyatí Bygun), half a seer of minced apples, two chittacks of garlic, half a dozen Patna onions, four chittacks of chillies, half a seer of powdered ginger, half a seer of moist sugar, and four quarts of strong vinegar. Mix all these thoroughly together, and keep it for a month in the sun, and then put it into small jars.

356. *Kashmiri Chatní*.—Take of ginger, scraped, four chittacks ; raisins, four chittacks ; dates, dried, four chittacks ; sweet almonds, peeled, four chittacks ; dried mint, four chittacks ; dried chillies, two chittacks ; salt, four chittacks ; syrup, four chittacks ; dried mangoes (Amchúr), eight chittacks. Each of these articles to be ground fine with as much vinegar as will make it into a paste ; then mix them together thin enough to pass through a fine cloth, put it into a well-closed jar, and expose it to the sun for a few—say fifteen—days, after which it will be fit for use.

357. *Kishmish Chatní*.—Take one and a half seer of dried plums, one seer of raisins, half-seer of dried chillies, half-seer of garlic, half-seer of ginger, three quarters-seer of almonds, half-seer of yellow mustard-seed, half-seer of salt and sugar, and one seer of vinegar. Pound the first seven articles well ; then add the last three. Put the mixture into a closed jar, and expose daily to the sun for a month, stirring it well every day ; after which it will be fit for use.

358. *Tapári (Gooseberry) Chatní*.—The following ingredients are to be ground in vinegar only (*no* water whatever), and boiled down, and after adding some more vinegar to thicken prepare over a slow fire : Gooseberry, eight seers ; vinegar, eight bottles ; raisins, four seers ; garlic, half-seer ; ginger half-seer ; chillies, quarter-seer ; dates, one seer ; almonds, one seer.

359. *Imlí or Tamarind Chatní*.—Put into an earthen Ghará, or pan, four pounds, or two seers, of ripe tamarinds without the seed, quarter-pound of ground chillies, half-pound of ground green ginger, quarter-pound of garlic, two ounces of ground cinnamon, half a pound of picked currants, half a pound of raisins, two pounds of moist sugar, half-pound of salt, and one quart of good table vinegar. The whole mixture should be covered with the vinegar, and when all have been thoroughly mixed allow it to simmer over a slow fire, stirring all the time till the Chatní thickens to a proper consistency.

360. *Ginger and Tamarind Chatní*.—Get a quarter-seer of green ginger (Adrak) ; scrape the rind and bruise it. Next mix tamarind (Imlí) juice with salt and turmeric powder. Add mustard-seeds, and fry in Ghee.

361. *Pudíná (Mint) Chatní.*—Take a handful of fresh mint-leaves, one or two green or dry mangoes, one chilli, a little salt, and grind all together.

362. *Khubánt (Apricot) Chatní.*—With four seers of apricots take one seer each of raisins, almonds, and dates; half-seer each of ginger and garlic; four chittacks chillies, and half-seer salt. Grind the whole into a paste with vinegar; then put in jars and expose to the sun for a few days.

363. *Pasandá Chatní.*—Take four seers of apricots; boil them and strain through a cloth; add half-seer of sugar and cook into a jelly. Then grind the following and mix with the jelly; viz., half-seer each of ginger, almonds, dates, and raisins; one and a half chittacks of chillies; half-chittack of garlic; and a quarter-seer of salt, with one or two bottles of good vinegar.

364. *Waláyatt Bygun (Tomato) Chatní.*—This vegetable is also called the 'love-apple.' To one seer of the tomato add one chittack each of dried chillies, ginger, and garlic, with salt according to taste. Grind the condiments. The 'love-apple,' placed in the oven for a time, is taken out and steeped with the ingredients and strained in two bottles of good vinegar. The liquor forms sauce, and the residue Chatní.

365. *Nárlýal (Cocoanut) Chatní.*—Take half a cocoanut with the rind scraped off, add a couple of chillies, fresh ginger, and a small piece of garlic, with a little salt. The whole to be ground on a Sil, or curry-stone. When ready, squeeze some lime-juice, with which flavour according to taste.

#### BALECHAON.

366. *Balechaon.*—Parboil a hundred small prawns, or Jhíngá, taking the shells off and clearing them. Then grind them very finely on a curry-stone. Take two ounces of ground ginger, half an ounce of green chillies, half an ounce of garlic, and the rind of two lemons; mix these with the prawn paste, then fry in a large Kárhaf with mustard-oil until quite dry, taking care it does not burn. When cool, place in a jar.

367. *Another Balechaon.*—Take half a seer of dried prawns, shell and cleanse them, then cut them up fine and pound them into a paste. Make a mixture of four tolachs of pounded dry

chillies, four ounces of salt, some roots of garlic, four ounces of green ginger sliced fine, a pint of tamarind-pulp, and mix with either good mustard-oil or Ghee. Then bottle off, seeing that the oil or Ghee covers the entire Balechaon. When required for use, prepare by taking some chopped or sliced onions, the peel of two limes (Kagzee Nimbú), or of an orange cut thin, and a few fresh lime-leaves ; put the whole in a Karháí and fry in a quarter-seer of mustard-oil or Ghee ; keep stirring, in order that it may not burn. If there be any oil left, skim off and use it for fish curries.

#### CUSOONDEE.

368. *Bengal Cussoondee*.—Peel and slice two seers of green mangoes and salt them for two days. Take one and a half or two seers of ripe tamarinds, with the stones removed ; quarter-seer of mustard-seed (Sarson), slightly bruised ; two chittacks chillies, quarter-seer ginger, and three chittacks of garlic. The whole mixture is then to be ground fine with vinegar, salt added to taste, with some of the best mustard-oil to saturate the ingredients. Put in a jar, and close the mouth so as to make it air-tight, as exposure will mould the oil. In making this preparation be careful to see *all* the water has been extracted from the mangoes after they have been salted ; this can be done more effectually by placing the sliced mangoes—after they have been salted for two days—under a heavy weight. They should then be wiped dry, and proceeded with as above directed.

369. *Mango Cussoondee*.—Take a hundred green mangoes, and having peeled and sliced them, steep them in salt for twelve hours. Then place them under a heavy weight for two hours and drain away all the water. Mix with them a quarter-seer of each of the following ingredients : ground chillies, ginger, and garlic, bruised mustard-seed, with a seer of tamarinds without the stones, and salt to taste. After mixing the whole thoroughly, pour over it as much boiled mustard-oil as will entirely cover it ; then cook for ten or fifteen minutes, after which, when cold, bottle, taking care that the mustard-oil is kept several inches over the mixture. See that the jars are corked down air-tight, or it will spoil.

370. *Burma Cussoondee*.—Take a hundred mangoes, rather

Amchúr—parings of the mango dried in the sun. Add half-seer each of tamarinds and vinegar; five chittacks each of chillies and mustard-seed, with a bottle of the best mustard-oil. Turmeric and salt to be added according to the colour and taste desired. First mix the tamarinds and vinegar together, and let them stand for a couple of hours; then add the Amchúr and the rest of the ingredients given, finally the mustard-oil, and, if required, some salt. After exposing to the sun for a few days the Cussoondee is fit for use.

### SAUCES (CHÁT, OR RELISH).

371. *Tomato Sauce*.—To one seer of tomatoes, take two chittacks each of salt, chillies, garlic, and green ginger, and grind the three latter ingredients with vinegar. Add two more bottles of vinegar, half a seer of sugar, and mix with the tomatoes and salt. Then boil, after which strain and bottle. The residue forms a fine Chatní.

372. *Auckland Sauce*.—For a seer of tomato-juice allow half a seer of moist sugar for syrup. Grind in vinegar half a seer each of raisins, tamarinds, dry dates, and ginger; two chittacks of garlic, a pow of salt, and half a pow of chillies, with two quarts of the best vinegar. Boil mixture, adding a few bay-leaves, or Tejpat. Strain and bottle off. On the top of each bottle pour a little sweet-oil, and put in a few peppercorns to prevent mould. Then cork well, and sun for a few days. This is really an excellent sauce.

373. *Tapp Sauce*.—Take four chittacks each of green mangoes, moist sugar, raisins, and salt; two chittacks each of red chillies and garlic, and three of green ginger; three quarts of the best vinegar, with one and a half of lime-juice. Pound and mix all the ingredients together; then add the vinegar and lime-juice. Expose the mixture in the sun, in a closed jar, for a month, stirring every day. After this period, strain the whole through a coarse muslin, and bottle. The residue will form excellent Chatní.

374. *Mango Sauce*.—To one seer of mangoes have twelve chittacks each of raisins, moist sugar, garlic, and salt; nine of ginger, and six of chillies, with seven bottles of vinegar and three of good lime-juice. Having pounded thoroughly the in-

redients named, and mixed them together, the vinegar and lime-juice should be added. The whole should be put in a large jar and exposed to the sun daily for fifteen days, keeping it stirred well daily. Finally strain and bottle. The remains will form good Chatní.

374 (a). *The best of all Sauces*—Hunger.

#### PICKLES (NAMKÍN ACHÁR), ETC.

375. *Amchúr Pickle*.—The parings of the mango dried in the sun form Amchúr. Take two and a half seers of these dried mangoes, four chittacks each of red chillies, pounded chillies, pounded turmeric, and yellow mustard-seed ; half-seer each of garlic and ginger ; three seers of sugar, and two bottles of vinegar. First dry all the ingredients in the sun, then mix together and expose to the sun for a fortnight, after which it is ready for use.

376. *Kashmíri Pickle*.—Cut up, in bits, one seer of mango ; then take the following ingredients : one seer of sliced ginger, one of raisins, and one of dates (dry), which cut into halves. Next take half a seer of sliced almonds, four chittacks each of chillies and garlic, with three of salt. Get up a thick syrup with two seers of sugar, then boil all the ingredients, gradually adding three bottles of vinegar. Stir all the while it is on the fire. It will be ready when all the ingredients have become soft. Bottle as soon as cool, and expose to the sun for about two weeks.

377. *Kishmish Pickle*.—Take a seer of large raisins ; stone them after washing the raisins ; cut four chittacks of ginger into slices, two chittacks of garlic, cut in slices ; one chittack of chillies ; add salt to taste. Boil half a seer of sugar into a thin syrup, in which put all the ingredients, and give it a boil with half a bottle of vinegar. Take it off the fire ; then add half a bottle of lime-juice. Bottle it, and expose to the sun for a fortnight.

378. *Ám Pickle*.—Take twenty-five fine green mangoes. Peel, and partly divide them so as to remove the seed ; sprinkle well with salt, and let them lie in a bowl for twenty-four hours. Take four bottles of vinegar, and boil with a chittack of tur-

meric. Then take two chittacks each of bruised mustard-seed, pounded chillies, garlic, and salt ; four chittacks of ginger, cut and sliced. Grind ten other mangoes very fine, mix with the ingredients, and put some inside each of the mangoes. Pour the vinegar over the whole, with the residue of the ingredients, and place in a well-closed jar. The mangoes must be covered with vinegar.

379. *Cauliflower (or Phúl-Kobí) Pickle.*—Cut the cauliflower in two, without washing it ; salt in a Gamlá, or earthen dish, and add a quarter-seer of saltpetre (Shorá), keeping them soaked for fully twenty-four hours. Then take them out and dry them in the sun for a couple of days, so that there may be no water left in them. For fifty cauliflowers the proportion of ingredients is as follows : Three seers each of garlic (dried in the sun) and sliced ginger ; two of pounded chillies ; two seers of sugar, and the same quantity of vinegar. Boil the two latter together for a couple of hours, and, when cooled, put in the cauliflower and other ingredients into jars and pour the vinegar over them. The jars should be exposed to the sun frequently. Other vegetables may be added, and plums, after being pricked and salted.

380. *Lemon (or Níbú) Pickle.*—Rasp the lemons a little, nick them at one end ; lay them in a dish with dry salt, near the fire, and cover them. Keep them for a week in this way ; then put fresh salt, and let them remain for another week. Then wash them in the brine, and pour over them boiling vinegar, grated nutmegs, mace, and whole pepper. Whenever the salt becomes damp, it must be taken out and dried. The lemons will not be tender for nearly a year.

381. *Oale Pickle.*—Get two or three seers of Oale, or Suran, and boil it with tamarind-leaves, to remove the irritating substance from it. Peel and wash it well. Then take a quarter-seer of garlic, the same of ginger, peeled and crushed, without water ; mustard-seed (Sarson), washed, dried, and slightly bruised to remove the husks ; a few green chillies, and salt to taste. Mix the whole well in some good mustard-oil. Bottle, and expose to the sun for a week, when it will be fit for use.

382. *Páchák, or Hazmí (Digestive Tonic).*—A pinch of this powder is frequently taken by most Anglo-Indians after meals,



as an aid to digestion. Take one tolá eight máshá of the following ingredients (which can be obtained from any Pansárí or druggist, in the Bázárs): Baibiráing, Námak, Dhaniyá, Peepla-mool, Peepul, Putraj, Kala-zíra, Nágkesur, Chabb, Umalbaid, and Kala-mirch; four pice-worth of Sombhar-namak, two pice-worth of Namak-Sunchar, eight máshá of Sufed-zíra, eight máshá of Sonth, three tolás and four máshá of Anár-dáná, four máshá of Tejpattá, and four máshá of small Eláchí. Powder all the above in a Kúndí (mortar) with a Sontá (pestle); then strain through a fine piece of muslin. Half a teaspoonful, after meals, acts as a wonderful digestive and stomachic.

#### HAMS, BACON, AND TONGUES (SÚAR KÁ NAMKÍN GOSHT).

383.—*To Boil Ham.*—Soak the ham for twenty-four hours, changing the water three times; then scrub well, and trim nicely. Place it in a ham-kettle covered with cold water; if required for any special occasion, a bottle of madeira should be added to the water; for plainer occasions it is often boiled with Gram and a bottle of beer. Let it come gently to a boil, skimming frequently. Throw in a head of celery, three carrots, three large Patna onions, and some garlic, mace, cloves, peppercorns, parsley, thyme, marjoram, and lemon-peel in a bag. Boil till all the vegetables are cooked, then remove them and continue to boil gently for four or five hours. When done, leave it till nearly cold, then lift the ham from the water, roll off the outer skin, and dredge thickly with fine raspings of baked crumbs. The ham can be glazed, and when cooked with a bottle of madeira or champagne it is said to be enough to 'animate the ribs of Death!' If preferred, the old Indian plan can be followed, of serving the ham with an army of cloves sticking into its skin.

384. *Mutton Ham.*—Cut a hind-quarter of mutton into the shape of a ham; take a half-seer of common salt, and pound with it one tolah of Shorá (saltpetre), add two chittacks of brown sugar. Stuff the hole of the shank (Tangrí) with salt and sugar, and rub the ham well with the mixture. Leave it for a fortnight in the pickle, turning and rubbing it every two or three days; then press with a heavy weight for one day. Smoke it

for twelve or fifteen days. Soak for an hour before cooking it. Boil gently for two hours.

385.—*To Choose Bacon.*—If good the rind will be thin, the fat firm and of a reddish tinge, and the lean tender, and of a good colour. If there are yellow streaks in it, it is unfit to be eaten.

386. *To Cure Bacon.*—Dredge each flitch with salt, and let the blood drain off for a day and a night. Mix three-quarters of a seer of coarse sugar, the same quantity of bay-salt, nearly a quarter-seer of saltpetre, and half a seer of ordinary salt. Rub the bacon well with this mixture, turning it every day for four weeks ; hang it to dry, and then smoke for ten days.

387. *To Boil Bacon.*—Soak in soft water for two hours before cooking. Put into a Degchá with plenty of water, and boil gently. It may, when done, have the skin stripped off, as in hams, and fine bread raspings strewn over it.

#### TONGUE (GÁE KÁ JÍBH).

388. *To Cure Tongues.*—Take a tongue weighing about two seers, cut off the root, but leave a little of the kernel and fat ; sprinkle with salt, and let it drain till next day. Then prepare a brine as follows : Mix well together half a seer of best Bázár salt, two tolahs of saltpetre, one tolah of bay-salt, one tolah of spiced pepper, six tolahs of moist sugar, the juice of three limes, and a wineglass of good vinegar. Rub the tongue well in this pickle, and turn every day for a fortnight ; hang it to dry for a couple of days in the smoke of the kitchen fire, after which it will be fit for use.

389. *To Boil a Tongue.*—If the tongue be dry, steep it in water for twelve hours. Boil it for three hours. If preferred hot, it should be stuck with cloves. Rub it with the yolk of an egg, dredge it with breadcrumbs, baste with butter, and set it before the fire till a light brown. Serve with a little brown gravy, or port-wine sauce, as you would for venison. Garnish with slices of currant jelly.

#### MEATS IN JELLY (GOSHT, AUR CHIRÍYÁ ANDAR JELÍ).

390. *Meat or Birds in Jelly.*—Take some roasted or baked meat or birds. Place the meat in a mould ; if birds, arrange

them with their breasts downwards ; fill the mould with good jelly ; let it get thoroughly cool, then turn it out on a dish. Garnish with curled parsley, and some of the jelly cut fine or into fancy shapes, and sprinkled about.

391.—*Pigeons (or Kabútar) in Jelly.*—Boil a calf's foot, or take some liquor in which a knuckle of veal has been boiled ; put the broth in a pan, add a little mace, sweet herbs, lemon-peel, pepper, a little lean bacon, and the pigeons. Season to taste. Bake and let them stand till cold. Remove them from the liquor ; clear the jelly by boiling it with the whites of two eggs. Strain through a clean cloth which has been dipped in boiling water. Put the jelly over and around the pigeons.

392. *Another.*—Bone, and remove the heads and feet from six pigeons ; stuff them with some sausage-meat and roast. Place the pigeons in a mould, breasts downwards ; fill up the mould with jelly ; leave till cold, turn out, and garnish the dish with parsley and jelly.

#### SALADS.

(KACHCHÁ SÁG KÁ ACHÁR.)

393. *Lobster, or Jhíngá Salad.*—Pick the flesh out of the shell, cut it in small pieces, mix it with the soft portion of the lobster ; put it in the bottom of the bowl with the salad mixture.

394. *Another.*—Wash and prepare some good heads of lettuces, some mustard, cress, radishes, beetroot, a little cucumber, and a few young onions. Lay them all in a salad-bowl or glass, cut fine ; add slices of hard-boiled eggs, the coral and pieces of lobster, and garnish with radishes and whites of eggs.

395. *Beetroot (or Chuqandar) Salad.*—Boil some beetroots and Patna onions, and allow them to get cold ; cut in slices, and arrange alternately on a dish, one slice overlapping the other ; season with pepper, salt, oil, and vinegar.

396. *French Bean (or Salm) Salad.*—Take some of the best and largest (cooked) French beans, season them with a little pepper and salt, add a finely-chopped onion, some tarragon vinegar, and oil. A little chopped parsley (Ajmod) may be added if preferred.

397. *Potato (or Alií) Salad.*—Cut some cold potatoes into slices, with a little chopped parsley; dress with pepper, salt, oil, and vinegar.

398. *Tomato (or Waldyatt-Bygun) Salad.*—Slice some ripe tomatoes very thin. Then peel and slice two mild onions very thin. Arrange them in alternate slices around your dish; then take four tablespoonsful of good salad-oil, and pour over the whole, add some vinegar, pepper and salt; give it a slight shake, and serve.

399. *Cucumber (or Khtrí) Salad.*—Slice very fine, sprinkle well with salt; let it stand for two or three hours, drain it, and add salt, pepper, and vinegar. Cayenne pepper and ground mustard are sometimes added. *To serve.*—Nearly all medical men in India agree in advising that the cucumber, when thus brought to table, should be thrown out of the nearest window(!), so injurious and dangerous are its properties to persons residing in this hot climate. It is frequently called the ‘cholera mixture.’

400. *Dressing (or Masálah) for Salad.*—Boil two eggs hard, and beat the yolks smooth with the back of a spoon; add a teaspoonful of salt, the same of made mustard, a tablespoonful of sweet-oil, or some cream; three tablespoonsful of vinegar, a dessertspoonful of essence of anchovies, a dessertspoonful of mushroom ketchup and one of walnut ketchup, a saltspoonful of cayenne pepper, and a teaspoonful of sugar. Mix well together, and either pour over the salad vegetables, or serve separately.

#### GHEE, CHARBÍ, LARD, ETC.

401. *Ghee (or Clarified Butter).*—It is prepared by melting butter over a clear fire. Whilst boiling it should be skimmed, and when all the water has evaporated, strain it through a cloth. If Ghee has a rancid flavour (which is often the case when procured from the Bázár), it may be rendered sweet with a handful of Morínga or Sujná.

402. *Charbí (or Suet), To Clarify.*—Cut the suet into slices, pick out all the skin, and put it into a Degchá; melt it slowly over the fire, and when melted, pour it into any clean vessel.

403. *Lard (Súar-ki-charbí), To Clarify.*—Melt it by placing it

in a jar, and then the jar in a boiler of water. Then turn it into boiling water and beat it up well, so as to clean it thoroughly of all impurities; let it cool, and remove the lard from the surface, melt again, and then let it settle.

404. *Dripping, To Clarify.*—The fat saved from joints of meat, after roasting, can be utilized for cooking: most cooks in India substitute it for Ghee, while they charge for the latter, or consume it themselves(!). It should be clarified thus: Put it in a Karháí to boil, and when melted, pour it into a pan half filled with boiling water; then stir the water and the dripping well together with a wooden spoon, or Chamchá. Put the pan in a cool place, and the following day the dripping will be found floating on the surface.

405. *Cocoanut (or Náriyál) Oil.*—This is made by first scraping the nuts and pouring boiling water over them. This softens the nuts, and the juice is extracted by squeezing with an ordinary lemon-squeezer. Then pour all the milk of the nuts into a Degchá and boil over a slow fire. When a brownish sediment is observed at the bottom of the vessel the oil is prepared. Wait till it cools, then strain, and bottle off.

405 (a). *Cocoanut Oil, To purify.*—Put the Bhándá, or vessel, containing the oil out in the sun, if it be the cold season, and throw into it a handful of coarse pounded salt. Let it stand a few days, then pour off carefully, without disturbing the sediment.

## PASTRY AND TARTS.

(HALWÁÍ-KÍ-CHÍZEN.)

406. *To Make an Ordinary Paste.*—Take half-seer of flour and two chittacks of butter, rub half the flour with the butter, mix the remainder into a paste with milk; roll out, and spread the other half on it, rolling successively three times.

407. *For Family Pies, without Butter.*—Cut some very thin slices of beef suet; put some flour on your board or table, lay the suet upon it; roll it with your rolling-pin till quite soft; rub it finely into some flour, and mix with cold water. This will make a very good crust for fruit pies if eaten hot.

408. *A Good Paste.*—Put a quarter-seer of dried and sifted flour into a dish ; well beat the yolk of an egg, and add to the flour, with a tablespoonful of lemon-juice, and the same quantity of sifted sugar ; mix into a stiff paste. Roll out thin, sprinkle a little flour over it, and spread over the paste three tolahs of fresh butter, and three tolahs of lard ; butter and roll out alternately, till all the butter, etc., is mixed in.

409. *A Fine Tart Paste.*—Take a quarter-seer of fine flour, and mix with it the same quantity of sifted sugar ; rub in two tablespoonsful of butter, and mix with half a wineglass of boiling cream or milk ; roll out very thin ; and when made into tarts, brush over with whites of eggs.

410. *Puff-paste.*—Rub into a quarter-seer of fine flour four tablespoonsful of butter, and mix into a paste with water ; roll out thin and spread over it two more spoonsful of butter ; fold it up, then roll out again with the same quantity of butter, dredge with a little flour, and roll out once more. It will be better left in a cool place for an hour before using.

411. *A Rich Puff-paste.*—Take an equal quantity of fine flour and fresh butter, mix a little of the butter with the flour, and add just enough water to make into a stiff paste ; roll out thin, put all the butter over it in slices, turn in the ends, fold, and roll again, touching it as little as possible ; the butter can be added at twice. A quick oven is required.

412. *Puff-paste à la Française.*—Take a half-seer each of fine sifted flour and of fresh butter, divide the flour in two, and put one half on the paste-board or slab ; make a hollow in the centre, beat well three eggs, and pour in, with a wineglassful of brandy ; mix into a paste and set aside ; roll out the butter in the other half of the flour ; then roll out the paste thin and spread in the butter in fine portions ; leave the paste some hours in a cool place.

413. *Paste for stringing over Tartlets.*—Take two chittacks of flour, and mix with it a tablespoonful of butter and a little cold water ; rub well on the paste-board, till it begins to string under your hand ; cut into small pieces, roll it out, and draw into fine strings ; lay them across your tartlets and bake directly.

414. *Oatmeal Pie-crust.*—Take some oatmeal and scald it

with hot water ; then roll it out thin ; put it over some fruit which has been previously cooked, and bake.

415. *Short Crust*.—Take half-seer of flour, and mix with it two tablespoonsful of finely-sifted sugar ; rub into it three ounces of butter ; add the yolks of two eggs, well beaten, with enough good cream or milk to make the flour into a paste ; roll out thin, and bake.

416. *Fruit (Mévá) for Pies, Tarts, etc.*—English fruits, preserved in bottles, and largely imported, are principally used for tarts. Country fruit is used to vary the dishes occasionally, such as Khúbání (apricots), Náshpátí (pears), Alú-Búkhára (damsons), Chukia-Áhrú (nectarines), Ahlúchá (plums), and Káraundá and Patwá.

#### PASTRY PUFFS.

417. *German Puffs*.—Take a quarter-seer of butter and put it into a breakfastcupful of milk, place in a pan over the fire, and when it boils add a cupful of flour, beat well together ; let it cool, then add the yolks of six eggs and the whites of four ; beat up some sugar and grated lemon-peel with the eggs ; and bake the puffs in a moderate oven.

418. *Lemon Cheese-cakes*.—Put a half-seer of loaf sugar to a quarter of a pound of butter, add the yolks of six eggs and the whites of four, the rinds of three lemons grated, and the juice of three ; put all into a pan, and simmer until the sugar is dissolved, and it begins to thicken. When cold put into sweet-meat pots ; when making into cheese-cakes, add grated sweet biscuits.

419. *A Light Puff*.—Mix with two spoonsful of flour a little grated lemon-peel, some nutmeg, half a spoonful of brandy, a little loaf sugar, and one egg ; fry lightly, then beat it in a basin with five eggs ; put some Ghee into a Karháí (frying-pan), and when quite hot, drop a dessertspoonful of batter at a time, turn as they brown ; serve hot with sweet sauce.

420. *A Rich Puff*.—Take a quarter of an ounce of butter, add to it three ounces of Jordan almonds and two ounces of loaf sugar ; pound in a mortar, with a little rose-water, into a stiff paste ; spread the paste on buttered tins, and bake in a slow oven. When cold, put a spoonful of any kind of jam in each, and cover with whipped cream.

421. *Cheese Puff*.—Beat half a pint of strained cream curd in a mortar, add two small spoonsful of flour, three beaten eggs, a little orange-flower-water, a little grated nutmeg, and sugar to taste. Bake in small round cakes on a tin plate. Serve with sweet sauce.

422. *Almond Cheese-cakes*.—Blanch and pound half a pound of sweet, and half an ounce of bitter almonds, not too fine ; melt an ounce of butter, and add to it half a pound of sifted sugar, and the yolks of four eggs, not beaten ; mix all well with the almonds, add half a teaspoonful of essence of lemon, and the same quantity of ratafia ; line some cheese-cake pans with rich puff-paste, put in a dessertspoonful of this mixture, and bake half an hour.

423. *Cocoanut (Nariyál) Cheese-cakes*.—Grate fine some cocoanut, add an equal quantity of butter, two ounces of sifted sugar, and the yolk of an egg well beaten to every ounce of cocoanut ; a little brandy, rose-water, and grated nutmeg. Line the pans with rich puff-paste, fill them with the mixture, grate a little sugar on the top of them, and bake in a quick oven, or Tezjhál.

424. *Curd Cheese-cakes*.—Beat half a pint of good curds with four eggs, some rich cream, a little grated nutmeg, a spoonful of ratafia, rose, or orange-flower-water ; add four ounces of sugar, eight ounces of currants, washed and picked ; bake in patty-pans, with a light crust under them.

425. *Sweet Patties*.—Chop the meat of a boiled calf's foot, two large apples, and one ounce of orange-peel very fine. Add a quarter of a pound of currants, a little grated nutmeg ; mix with the yolk of an egg and a spoonful of French brandy ; make a good puff-paste, roll into different shapes, and fill ; either bake or fry.

#### MILK, BUTTER, CREAM, ETC.

(DÚDH, MAKKHÁN, MALÁÍ.)

426. *Milk, Butter, and Cream*.—Either keep your own Cows, or obtain the milk required from a neighbour, or some respectable resident who does. Bázár milk, or Dúdh, is unreliable, and is always adulterated and poor, because the Guálá's cattle are ill-fed. To those who would keep a Cow, or Cows, a few hints



on their Feed and Management are offered. The Compiler, an Anglo-Indian (who brought up a large family in India), tenders his personal experience in this respect. If the procedure advised be followed, not only will the Cattle thrive, but there will be a marked improvement in the quantity and *quality* of the Milk, and *health* will consequently be promoted.

427. *Feed and Management of Cows in India.*—Do not allow the Guálá (cowherd or milkman) to give any native spices or mixtures to Cows when they calve, as they often take the Cows off their milk. Milk-Cows ought to be fed *very* well, and then their milk is rich for cream. Each Cow ought to have—when she is in full milk—two and a half to three seers of grain a day, but the amount depends on the size of the Cow. In the hot weather, Chúní, the husks of Dál, or coarsely-ground pulse, and Bran (Chokar or Bhúsí) are very good for them; in the cold weather, Benowlah (cotton-seed), Chúní, and oil-cakes (Khalí). If there is no grazing for the Cows they ought to have Bhúsá (chopped straw) or Charáí. In the cold weather they always require some. The oil-cakes ought to be put in a Ghará of water and soaked for twelve hours, also the cotton-seed, but separately. The Cows ought to get their grain mixed with Bhúsá or Charáí with the oil-cakes night and morning. Cotton-seed is not good for them in the hot weather, it being too heating. Gram is good, if given in small quantities, but it dries the milk if nothing else is given with it.

428. *Butter (Makkhán) Making and Churning.*—Have the milk set just as it comes from the Cow quite fresh. It is usual to allow it to stand twelve hours in the hot weather, and twenty-four in the cold weather. The cream (Maláí) is taken off and put into a large white wide-mouthed bottle and shaken well for a quarter of an hour. Then a little fresh water is added, and the cream is shaken again. When it is well churned—in a Dúdh-kí-Hándí with a Ghutni,—it will rise to the top of the water. The Butter (Makkhán) is taken out and put into a bowl with fresh water, washed well, changing the water two or three times till the milk (Dúdh) is well taken out of the butter. It is usual to wash it with a piece of stick, which should be well rubbed with a little salt to keep the butter from clinging to the stick. A pinch of salt is added to it, and it is then made into small balls or pats of butter weighing about a chittack each.

429. *Buttermilk (or Matthá)*.—This is the milk that remains after the Butter has been separated from the cream by churning. It acts as a gentle laxative, and is not an unpleasant drink, occasionally, in the hot weather. It is considered as one of the remedies in pulmonary consumption, particularly in the early stages.

430. *Cream (or Malái) as made by the Natives*.—Boil down milk—over a slow fire—to less than half its original quantity, and when cold it will be of the strength and consistency of a well-made Blanc-mange. The best Indian sweetmeats are made of Malái ; as also cream cakes, cream puddings, cream cheese, etc.

430 (a). *Cream Cheese (or Malái Panír)*.—A good recipe for this Cheese will be found on page 20. Dacca—a district in Bengal—is famed for its Cheese. It is known all over India, and is called Dacca-Panír.

431. *Tyre (or Dhye)*.—Warm some milk without boiling it, stir into it a little stale butter about the size of a large pea, put the vessel in a warm place well covered over, and in the course of a few hours the Tyre will set and be fit for use.

432. *Curd (or Chháná)*.—This is the thickened or coagulated part of the milk, the cheese part as distinguished from whey. It is largely used by the natives in their sweetmeats, and many a delicious curd or Chháná pudding can be made from it.

433. *Whey (or Tór)*.—This is the watery part of milk, separated from the curd, or Chháná. When the curd is formed, put it in a sieve and divide it with a spoon, to allow the whey to escape. Whey is a slight aperient, and medical men frequently direct its use with medicinal herbs in case of consumptions, dysenteries, jaundice, etc. Lemon-whey and white-wine whey, sweetened, make very pleasant drinks.

433 (a). *Ghee*—Is made from buffaloes' and cows' milk, more frequently from the former. It is clarified butter. For mode of preparation, see Recipe 401.

#### PUDDINGS.

(MÍTHÁ-KHÁNÁ.)

434. *Almond (Bádám) Pudding*.—Boil three ounces of ground rice in a pint of good milk ; let it cool, then add six ounces of

sugar, the same quantity of melted butter, four eggs, and a few bitter almonds, blanched. Bake, and serve with sweet almonds stuck over it.

435. *Umdá (excellent) Pudding*.—Grate or slice about three ounces of bread, and steep in milk ; then blanch four chittacks of almonds, and pound them into a paste, adding a little orange-flower-water ; mix with a little flour five or six well-beaten eggs. add four ounces of loaf sugar and some butter ; stir over the fire till it is thick. Put a layer of puff-paste at the bottom of a dish, pour in the mixture, and bake.

436. *Cocoanut (Nariyál) Pudding*.—Make a good custard of eggs, and grate a cocoanut into it ; add a little spice, a glass of brandy, and a bit of fresh butter. Line some dishes with rich puff-paste, put in the custard, and bake a very light brown.

437. *Sponge Pudding*.—Cream two chittacks of butter, add the whites and yolks of four eggs, a little pounded white sugar, and four dessertspoonsful of flour. Beat up the whole ; fill some cups, and bake for exactly twenty minutes. Serve with wine or brandy sauce.

438. *Rice (Chánwal) Puddings*.—Wash four dessertspoonsful of rice, and let it boil gently in half a pint of milk till thick ; add a piece of fresh butter, and a breakfastcupful of good thick cream, stir, and boil up once. Take off the mixture, and when cold mix with it three yolks, and one white, of eggs, well beaten, some sugar and a little nutmeg, some grated lemon and a small piece of cinnamon. Fill some small cups, putting a little orange or citron at the bottom of each. Bake in a moderate oven, and serve with sweet sauce.

439. *Rice Pudding with Fruit*.—Let your rice simmer till it swells in a little milk over the fire, then mix any kind of fruit you like with it ; add a well-beaten egg, boil or bake, and serve with sugar or sweet sauce.

440. *Eve's Pudding*.—Mix with three-quarters of a pound of breadcrumbs the same quantity of finely-chopped suet, and the same of apples and currants ; add four eggs, well beaten, and the grated rind of half a lemon. Boil three hours in a mould ; serve with sweet sauce and the juice of half a lemon.

441. *Bombay Pudding*.—Half roast a seer of Sújí (flour of wheat), after which boil it in water till it gets very thick ; then, having buttered a soup-plate or large dish, pour the boiled Sújí into it, and when it has cooled and set, and become firm, cut it into six or more pieces. Rub the cakes over with the yolk of an egg, dredge them with flour, and fry in Ghee until they become a rich dark-brown colour. Arrange them in a pudding-dish, and before sending up, pour over them a syrup flavoured with lemon-juice.

442. *Custard Pudding*.—Well beat six eggs, add to them a pint of cream or milk, four dessertspoonsful of fine flour, a little cinnamon or nutmeg, some sifted sugar to taste ; boil in a buttered basin or cloth for about half an hour. Serve with wine sauce.

443. *Oxford Pudding*.—Mix well together two chittacks of pounded biscuit, two chittacks of finely-chopped suet, the same quantity of currants, a little sifted sugar, and a little grated nutmeg or cinnamon. Mix with three well-beaten eggs, and make into balls. Fry them in some fresh butter to a delicate brown, and serve with wine sauce.

444. *An Economical Pudding*.—Take a quarter-seer of flour, the same quantity of currants and suet, well chopped ; four ounces of treacle. Mix all well together with a little milk into a stiff paste. Boil for about five hours in a buttered basin.

445. *Boiled Suet Pudding*.—Chop half a seer of suet very fine, add rather less than three-quarters of a seer of flour, a little salt, two well-beaten eggs, and a little milk. Mix well together, and boil for four hours.

446. *Baked Suet Pudding*.—Take a quarter-seer of flour, with some finely-chopped suet ; then boil a pint of milk, and when cold, stir into it the flour and suet, add two eggs, and a little salt.

447. *Batter Pudding*.—Mix three chittacks of flour with a little salt and a gill of milk ; beat up and strain five eggs ; add them to the batter, with more milk if required. The batter should be of the consistency of good cream. Put into a buttered basin, tie a cloth over, and boil for one hour. Serve with sweet sauce, to which has been added a glass of wine. A batter pudding should always be well strained before boiling.

448. *Curd (Chháná) Pudding*.—Turn, with a little rennet, four pints of good milk; drain off the curd, and beat it with three tolahs of fresh butter, until both are well united. Beat up six eggs, add them to the curd, with a little grated bread or biscuit, a little grated lemon-peel and nutmeg; mix well together, and bake in a buttered dish, with a crust round the edges.

449. *Bádsháh Pudding*.—Well drain and rub through a sieve the curd of two gallons of milk; mix with it six well-beaten eggs, a little cream, two spoonsful of orange-flower-water, and a little grated nutmeg; add three spoonsful each of flour and bread-crumbs, and a quarter-seer each of currants and raisins. Boil for an hour in a thick floured cloth.

450. *Prune Pudding*.—Beat up the yolks of six eggs and the whites of three. Take four spoonsful of flour, a little salt, and some powdered ginger, in half a cupful of milk; mix well together with the eggs, add gradually nearly a quart of milk, and half a seer of scalded prunes. Tie up in a cloth, boil an hour, and serve with melted butter poured over it.

451. *Preserve Pudding*.—Line a shallow dish with an inch-deep layer of several kinds of good preserves; mix with them three ounces of candied citron or orange peel. To ten eggs, well beaten, add a quarter-seer of finely-sifted sugar; well mix, and pour in gradually a quarter-seer of good clarified butter, and a little flavouring (any kind preferred). Fill the dish two-thirds with this mixture, and bake in a moderate oven.

452. *Toast Pudding*.—Take some thin slices of buttered toast, and lay in a pudding-dish, first a layer of toast, then one of currants, and so on alternately till the dish is full. Beat four eggs with a quart of boiled milk, add some sugar and a little nutmeg, pour over the toast, and bake.

453. *Bole Comadree, or Portuguese Cocomat Pudding*.—Take from two cocoanuts (Nariyál) a cupful of milk; then make a syrup of a quarter-seer of sugar, and mix into it a quarter-seer of fine rice-flour (Sújí, or semolina); fry with the yolks of eight eggs all the scrapings of the two cocoanuts, a quarter-seer of Jágree (molasses), and some grains of anise-seed (Sounf); then mix the whole well together, pour into a well-buttered pudding-dish, and bake.

454. *Plantain (Kelú) Pudding*.—Fry some plantains in their skins ; peel, and cut the fruit into slices ; add sugar, the juice of two or three limes, and the grated peel of one, a glass of white wine, a few cloves, and a little butter. This is to be put into a paste, and boiled as an apple dumpling.

455. *Patna (Rice) Pudding*.—Wash, dry, and beat to a powder a quarter of a pound of rice, and set it to thicken over the fire in a pint and a half of new milk, pour it out before it boils, and set aside to cool. Add a little cinnamon, nutmeg, and mace, sugar to taste, and a quarter-seer of very finely-chopped suet, six eggs, well beaten, and a pinch of salt. Then put in a quarter-seer of chopped raisins or currants, some candied peel ; line a dish with puff-paste, and bake half an hour.

456. *Newmarket Pudding*.—Put a pint of milk to boil, with a little cinnamon, some grated lemon-peel, and a peach-leaf. Simmer for five or ten minutes, sweeten to taste, beat well five eggs, add to them the milk, strain through a sieve. Put some thin slices of bread and butter in a dish, then a layer of currants, and so on alternately till the dish is nearly full. Pour over it the custard, and bake.

457. *Lemon (Níbí) Pudding*.—Add four ounces of white sugar to the yolks of four eggs, well beaten ; peel and beat a lemon in a mortar (Kúndí), with four or five ounces of warmed butter. Put a layer of crust into a shallow dish, and pour the mixture into it. When served, turn out the pudding.

458. *Dalhousie Pudding*.—Put a quarter-seer of butter, and the same quantity of loaf-sugar, into a Degchá ; melt over the fire, stirring well. Pour into a dish, grate the rind of a lemon into it, and leave it to cool. Soak two sponge biscuits well in cream, and beat them into the butter and sugar. Beat well the yolks of six and the whites of three eggs ; add just a pinch of salt, squeeze and strain the juice of the lemon into them, and mix well with the former ingredients. Line a dish with puff-paste ; strew it with slices of lemon-peel ; put in the pudding, and bake in a moderate oven. Serve with fine sugar sifted over it.

459. *Indian Arrowroot (Arátrot) Pudding*.—Make a smooth batter with two large tablespoonsful of Indian arrowroot and some cold milk. Then pour a pint of scalding milk on the

batter, stirring well all the time. Thicken over the fire, but do not let it boil. Set it to cool ; add sugar to taste, a pinch of salt, and three yolks of eggs, well beaten. Then stir in a little sherry and nutmeg. Bake in a moderate oven, or boil in a buttered basin.

460. *Indian Pudding*.—Take some sifted meal and warm milk, and stir together into a stiff batter. Add a little salt and some molasses. Boil in a closely-covered pan and stout cloth, taking care that the water does not get in ; room must be left for the meal to swell. Chopped suet can be added, and likewise ginger.

461. *Baked Vermicelli (Semâi) Pudding*.—Boil gently four ounces of vermicelli in a pint of milk for ten minutes ; add half a pint of cream, a little pounded cinnamon, some warmed butter, white sugar, and four eggs, well beaten. Bake in a moderate oven.

462. *Bibinkâ Pudding*.—Take six chittacks of rice-flour, five chittacks of sugar, six eggs, half-seer of milk, and two chittacks of butter, with three cocoanuts. Mix with the milk of the cocoanuts the flour and sugar, and cook into a thick paste. Butter a pudding-dish, and pour the above mixture into it ; smooth it over with the yolk of an egg, and bake. Place it in a dish of cold water, to harden, and serve.

463. *Ellenborough Pudding*.—Take four ounces of melted butter, four ounces of sifted sugar, and four well-beaten eggs. Mix all well together. Line a dish with light paste, place upon it a layer of preserve, pour over the mixture, and bake for about thirty minutes.

464. *Tapioca (or Brazil) Pudding*.—Take four spoonsful of tapioca, and boil it in a pint and a half of new milk. Add lemon-peel, cinnamon, and nutmeg ; sweeten to taste, and beat up with it three or four eggs. Put a paste round the dish, and bake.

465. *Sago (Sâbú-dânâ) Pudding*.—Boil four spoonsful of sago with a pint of new milk ; add nutmeg, cinnamon, and lemon-peel ; sweeten to taste ; mix with it four eggs. Line a dish with paste, and bake.

466. *Delhi Pudding*.—Pare, core, and cut four large apples

into slices; put them into a Degchá, with a teaspoonful of minced lemon-peel, a little nutmeg, and two large tablespoonsful of sugar. Stew over the fire till soft. Make a suet crust; roll out thin, spread the apples over the paste, sprinkle over six ounces of currants, roll up the pudding, closing securely the ends, and boil in a floured cloth for two hours.

467. *Sházádí Pudding*.—Boil a quarter of a pound of rice in milk till tender; then add two ounces of butter; boil for a few minutes, then set to cool. Well beat three eggs, stir them into the rice. Line a dish with light rich paste; put in a layer of rice, then a layer of any kind of jam, and so on till the dish is full. Bake in a moderate oven. This pudding can be eaten hot or cold; if the latter, a boiled custard poured over it is a great improvement.

468. *Italian Pudding*.—Line a dish with puff-paste; pour over it a pint of cream, add French rolls enough to thicken it, ten well-beaten eggs, a grated nutmeg, a dozen sliced pippins, orange-peel, sugar, and half a pint of wine. Bake for half an hour.

469. *Cream (Malát) Pudding*.—Take a pint of cream, a little milk, the yolks of seven eggs, seven tablespoonsful of flour, two tablespoonsful of sugar, a pinch of salt and of soda. Rub the cream with the eggs and flour; add the rest, the milk last, just before baking, and pour the whole into the pudding-dish. Serve with wine sauce.

470. *Amber Pudding*.—Beat well the yolks of four eggs, add half a pound of butter, melted, half a pound of powdered sugar, and a little lemon or ratafia flavour; line a dish with puff-paste, put in the mixture, and bake for half an hour.

471. *Chocolate (or Mexican) Pudding*.—Take a large breakfastcup of milk, and dissolve in it a quarter of an ounce of gelatine, add the peel of a small lemon, and nine or ten squares of chocolate grated; whisk the whites of six eggs, and the yolk of one, to a stiff froth, and stir gradually into the other ingredients; pour into a dish, line the edge with a rich puff-paste, and bake in a slow oven.

472. *Bread and Butter (Rott Mákkhán) Pudding*.—Cut some thin slices of bread and butter, without crust, spread apricot or



orange marmalade on each slice, lay them in a buttered mould or basin, and pour over a nice custard ; let it stand half an hour, then steam it for an hour. Serve with wine sauce.

473. *College Pudding*.—Take equal quantities of suet, bread-crumbs, and washed currants ; add sugar and mixed spice to taste ; moisten with two beaten eggs, add a little brandy and grated lemon ; make the whole into balls the size of a pippin, rub over with an egg, roll in flour, and fry a nice brown in butter. Serve with wine sauce.

474. *Sponge-cake Pudding*.—Well butter a mould, stick it all over with almonds or raisins. Fill the mould three parts with small sponge-cakes, soaked in wine, and pour in a rich custard. Then tie a piece of buttered paper over the mould, and boil for one hour.

475. *Semolina (Súji) Pudding*.—Put a pint and a half of new milk over the fire, and when boiling stir in half a cupful of Sújí, and continue to stir for ten minutes ; then pour into a mould, let it cool, turn out, and serve with jam or marmalade round it. If iced, it makes a delicious dish.

476. *Ginger (Adrak) Pudding*.—Chop very fine a quarter of a pound of beef suet ; mix with it half a pound of flour, a quarter of a pound of sugar, and one good teaspoonful of ground ginger. Mix all *dry*, and put it into a well-buttered basin. Boil for three hours, turn out, and serve with white wine sauce.

477. *Cambrian Pudding*.—Take three-quarters of a pound of grated cocoanut, four ounces of butter, half a seer of sifted sugar, half a pint of cream, eight or nine eggs, and a wineglassful of rose-water. Stir the sugar and butter as for cake, add the eggs well beaten, stir in the grated cocoanut, add the other ingredients, and bake with or without a crust for forty minutes.

478. *Buttermilk Curd Pudding*.—Turn three quarts of new milk with a quart of buttermilk ; drain off the whey through a sieve, and when the curd is dry, pound it in a mortar with a quarter of a pound of butter, half a pound of sugar, an ounce of suet, two or three bitter almonds, and a lemon boiled till tender. Well beat and mix these together, add two ounces of bread-crumbs, some grated nutmeg, a teacupful of thick cream, and six eggs, well beaten.

479. *Ground Rice Pudding*.—Well wash four ounces of ground rice, and set it to boil in a pint of rich milk until the milk is thickened with the rice ; add four ounces of fresh butter, the yolks of six eggs well beaten, six ounces of sifted sugar, sixty sweet and twenty bitter almonds, blanched and pounded, and a glass of brandy. Mix well together, put it in a mould, and bake for three-quarters of an hour.

480. *Cabinet Pudding*.—Take three ounces of raisins, stone them, and arrange them over the inside of a buttered pudding-basin ; fill the basin three parts with slices of bread and butter, and sprinkle some grated lemon-peel over each slice. Add four eggs, well beaten, with a pint of milk, sweeten, and pour over the bread and butter ; let it stand for a quarter of an hour, tie a floured cloth over, boil for an hour, and serve with sweet sauce.

481. *Jam Roly-poly Pudding*.—Make a nice light suet crust, roll out, and spread any kind of jam you like over it, leaving a small margin of paste. Roll up and boil in a floured cloth for two hours.

482. *Raspberry Dumplings*.—Make a puff-paste, and roll it out, spread over it raspberry jam, and make into dumplings. Boil them an hour. Serve with sweet sauce.

483. *Plum Pudding*.—Pick and stone a quarter-seer of raisins, wash and dry the same quantity of currants, chop three-quarters of a pound of beef suet, put into a basin with six ounces of sugar, two ounces of mixed peel, sliced, three ounces of flour, the same quantity of breadcrumbs, a little grated nutmeg, and four eggs ; form into a nice consistency with about a gill of water, put into a buttered mould, and boil for four hours in plenty of water ; turn out and serve with sweet sauce.

484. *Another Recipe*.—Stone and divide a pound of raisins, wash and dry a pound of currants and a quarter of a pound of sultanas, and cut into slices three-quarters of a pound of citron and orange peel mixed. Mix these with the flour, three-quarters of a pound of breadcrumbs, and one pound of suet, chopped fine ; add a small nutmeg, grated, and stir in ten eggs, well beaten, a glass of brandy, and a pint of milk. Well blend these ingredients, put the pudding into a mould, tie over it a floured cloth, and boil for six hours. When done, turn it out and serve with burning brandy or sweet sauce over it.

485. *Christmas Plum Pudding (Bárá-din ka Wáste)*.—Stone a seer (or two pounds) of muscatel raisins, add to them half a seer of sultanas, one seer of currants, washed and picked, one seer of breadcrumbs, half a seer of candied peel, sliced, one seer of good moist sugar, one seer of beef suet, chopped fine, two ounces of mixed spices, and a teaspoonful of salt. Mix all these ingredients well together, and moisten with sixteen eggs, well beaten. Add a gill of good brandy, with a teaspoonful of essence of lemon, and one of ratafia. Should the pudding not be sufficiently moist, add a little new milk, and put in a large heaped tablespoonful of dried flour; boil from six to eight hours. Turn out, stick all over with blanched, sliced sweet almonds; put a sprig of holly in the top (if in the Plains, artificial will do), pour a little brandy round the pudding in the dish, set it on fire, and send to table blazing; serve brandy sauce with it.

486. *A Plain Plum Pudding*.—Stone half a seer of raisins, and the same quantity of currants (washed and picked), chopped suet, and moist sugar. Add a quarter-seer of breadcrumbs, a quarter-seer of flour, two ounces of sliced candied peel, one dessertspoonful of mixed spices, and six eggs, well beaten. Mix well together, and add a wineglassful of brandy, with a little essence of lemon-peel. Boil for four hours.

487. *Khali Khan's Pudding*.—Take an ounce of rice, and boil in milk till it becomes a pap; pare, core, and scald six large apples, and beat them with the rice; add an ounce of finely-sifted sugar, a little grated lemon-peel, and a little lemon-juice; then beat the whites of four eggs into a firm froth; add the other ingredients, whisking them well together. Dip a mould, or Jelí-sanchá, into boiling water, pour in the mixture quickly while the mould is hot; put the mould into boiling water, and boil until the whites of the eggs set and become firm. Make a custard with the yolks of the eggs, and pour round the pudding in a dish.

488. *Corn-flour Pudding*.—Take two tablespoonsful of corn-flour, mix with it two well-beaten eggs, rather less than half a seer of milk, a cupful of water, and a spoonful of sugar. Thicken over the fire, then pour into a mould, and leave to cool. Turn out on a dish and serve.

## SWEET (MÍTHÁ-CHÁSHNÍ) SAUCES.

489. *A Good Sauce for Boiled Puddings*.—Beat a quarter of a pound of butter to a cream, add a quarter of a pound of pounded sugar, and a wineglass of brandy or rum ; stir a few times, and serve. Either pour the sauce round the pudding or serve in a tureen.

490. *Brandy Sauce*.—Mix smoothly a tablespoonful of flour with half a pint of cold water ; add powdered loaf-sugar to taste. Stir on the fire till the sauce thickens, then add brandy, stir well, and serve.

491. *Another Recipe*.—Beat three-quarters of a pound of fresh butter to a cream, add a quarter of a pound of sifted sugar, and when well mixed add gradually one and a half glassfuls of brandy ; beat the mixture well.

492. *Cinnamon (or Dál-Chíní) Sauce*.—Boil three ounces of sugar with a stick of cinnamon (or Dál-Chíní), broken up in small pieces, in rather more than a pint of water ; skim well, and strain ; add a little arrowroot mixed with a little cold water, let it boil once more, and serve.

493. *Lemon (Níbhí) Sauce*.—Mix some arrowroot with cold water, pour some boiling water on it, and stir well. Add some lumps of sugar which have been rubbed on lemon-peel, and the strained juice of a lemon. Stir on the fire till the sauce thickens.

494. *Wine (Sharáb) Sauce*.—Make about a cupful of thin, smooth, melted butter, add a little white sugar, half a teaspoonful of essence of lemon, and a little grated nutmeg. Mix these well together with two glasses of sherry, and heat, but do not let it boil. Serve hot.

495. *Egg (Andá) Sauce*.—Beat up the yolks of six new-laid eggs with six tablespoonsful of powdered lump-sugar ; add half a tumbler of pale brandy, and rather more than half a tumbler of sherry ; put the mixture in a jug, place this in a Degchá full of boiling water, and froth up the sauce for about ten minutes.

496. *Sweet (Míthá) Sauce*.—Well beat the yolks of two eggs,

and mix them with two tablespoonsful of pounded sugar and four or five spoonsful of white wine. Simmer for a few minutes over a slow fire, stirring it constantly, and pour round the pudding.

497. *Ráni Sauce*.—Beat three ounces of fresh butter with a cupful of sifted sugar, to a cream ; add three glasses of sherry ; mix well ; boil, stirring all the time, in one direction. Serve very hot.

498. *Khúshri-Bag Sauce*.—Beat up the yolks of two eggs with powdered sugar ; stir in half a pint of milk and two teaspoonsful of orange-flower-water. Stir in a pan over the fire, and when the sauce thickens it is ready.

499. *Mewá (Fruit) Sauce*.—Mix half a pot of any jam with a cupful of water ; warm it on the fire ; add a wineglassful of sherry or a liqueur-glass of brandy, pass through a fine hair sieve, and serve.

500. *Dil-Pásánd Sauce*.—Blanch two chittacks of peach-kernels, put them into a pint of brandy, expose to the sun for a fortnight, then strain, and take four chittacks of sugar-candy, well powdered, dissolve in two wineglasses of water ; add to the brandy, and keep for use in a stoppered bottle.

#### SWEET OMELETTES.

501. *Sweet Omelette*.—Beat separately the yolks and whites of four fresh eggs ; add as much sifted sugar to the yolks as will sweeten, and a small dessertspoonful of corn-flour, smoothly mixed in a spoonful of cream or good milk. Beat the whites to a stiff froth, add the flour to the yolks, and gently stir in the whites, taking care to break the froth as little as possible ; pour all into a clean Karháí, or frying-pan, from which the butter has been drained, and cook for two or three minutes over a clear fire. When a delicate brown, spread raspberry or strawberry jam over one-half, turn the other side over it, and serve immediately.

502. *Friar's Omelette*.—Boil nine or a dozen apples to a pulp, as for sauce, stir in three ounces of butter, and the same of white sugar. When cold, add three or four eggs, well beaten ; butter a baking-dish, strew crumbs of bread thickly over bottom and

sides, put in the apple mixture, strew breadcrumbs over the top, bake in a moderate oven ; turn out, and serve with grated sugar over the top.

503. *Swiss Omelette*.—Mix with a gill of cream ten eggs, a quarter of a pound of butter, a little grated nutmeg, sugar to taste ; put the whole into a frying-pan ; serve hot, with sifted sugar over it.

504. *Lord Lytton's Omelette*.—Beat up the yolks of six eggs and the whites of three ; add two ounces of sifted sugar and two ounces of butter. Beat all well together. Heat two ounces of butter in a small frying-pan, pour in the eggs, etc., stirring till they begin to set. Turn the edges of the omelette over to form an oval shape, finish cooking, and serve with sifted sugar over it. Any jam can be spread over one half of the omelette, and the other half turned over it.

505. *Souffle of Apple and Rice*.—Blanch and strain some good Patna rice, boil it in milk, with a bit of lemon-peel and cinnamon. Boil till the rice is dry, then cool it, and raise a rim three inches high round the dish, having previously egged the dish to make it stick well. Then egg the rice all over ; half fill the dish with apple marmalade ; beat the whites of four eggs to a fine froth, and put them over the marmalade. Sift some fine sugar over it, and set it in the oven, or Tezjhal, which should be hot enough to give it a delicate colour.

506. *Apple or Peach Souffle*.—Put a thick layer of fruit at the bottom of your dish, scalded and pulped through a sieve ; if of apples, add half a lemon grated. Mix with it sugar to taste, half a pint of milk, half a pint of cream, and the yolk of an egg, beaten ; scald over the fire, stirring all the time. Leave it to cool ; lay it over the fruit with a spoon, and put on it a whip made the day before.

507. *Milan Souffle*.—Take two ounces of loaf-sugar, and rub the lumps well on the peel of four lemons ; add the yolks of six eggs made into a custard, and the juice of the lemons. Let it stand a little while, then add nearly half a pint of whipped cream and an ounce of isinglass. The whites of the eggs should be well whipped to a strong froth, and put round it with the whipped cream when cold.

## FRITTERS.

508. *Excellent Paste for Fritters (French).*—Put a tablespoonful of good salad-oil into a basin, and stir with it three tablespoonsful of corn-flour. Add a tablespoonful of lemon or orange juice, a dessertspoonful of grated sugar-candy, and the yolks of two eggs. Stir with a little milk to make a proper consistency. Before using, add the whites of the two eggs beaten to snow. This paste is used to dip any kind of fruit fritters in.

509. *Fritters* can be made of any of the batters directed for pancakes, by dropping a small quantity into the pan, and frying. Apples, sliced and cored, can be dropped into the batter, or currants, or sliced lemon. They should be served on a folded napkin, on a dish.

510. *Indian Fritters.*—Put three tablespoonsful of flour into a basin, and make it into a stiff paste with some boiling water, stirring well, to prevent its getting lumpy. Let it cool, then break into it the yolks of four or five eggs and the whites of two; beat all together well. Have some boiling Ghee in a Karháí; drop in a dessertspoonful of batter at a time, and fry a light brown. They should rise well, so as to be almost like balls. Serve with a little marmalade, or any preserved fruit, dropped in between each fritter.

511. *Another Recipe.*—Mix two chittacks of Sújí (or semolina) with four well-beaten eggs, four chittacks of milk, and a little cinnamon, pounded. Melt some Ghee in a Karháí, and, when boiling, pour in a dessertspoonful of the mixture at a time. Fry a rich brown colour, and serve hot, with sifted sugar over each.

512. *Pineapple (Anannás) Fritters.*—Cut up a pineapple in slices, a quarter of an inch thick; stew them in syrup, and let them cool. Cut each slice into a convenient length for frying, pour over them a wineglass of rum, and sprinkle them with white sugar. Let them soak for three hours in this, turning them every now and then. Make a smooth batter, with three tablespoonsful of flour, a pinch of sugar, three beaten yolks of eggs, two tablespoonsful of rum, and a tablespoonful of salad-oil. Beat up the whites of three eggs to a froth; dip each slice of pineapple in this, and fry in boiling Ghee or butter. As

soon as they turn yellow they are done. Serve with powdered sugar over them.

513. *Orange (Nárangí) Fritters.*—Peel and skin three large oranges ; cut them across in slices, take out the seeds, dip each slice into a thick batter, and fry. Serve with sugar sifted over them.

514. *Spanish Fritters.*—Take the inside of a French roll, and cut it into lengths as thick as your finger, in any shape you please. Soak them in some cream, nutmeg, pounded sugar, and an egg. Fry to a nice brown. Serve with butter, wine, and sugar sauce.

515. *Sáda Fritters.*—Beat in two or more spoonsful of flour, half a pint of ale, two eggs, nutmeg, and sugar to taste. Let it rise four minutes, drop into a pan of boiling Ghee, fry a light brown, and serve with sugar grated over them.

516. *Arrowroot (Arárot) Fritters.*—Boil two pints of good milk, have ten ounces of arrowroot ready mixed, and stir it quickly into the milk ; add a little vanilla, the well-beaten yolks of eight eggs, and sugar to taste. Stir for fifteen or twenty minutes over the fire, and then bake for ten minutes in a quick oven. When cold, cut out the fritters with a round cutter, egg and breadcrumb them, glaze, and send them up quite hot, with apricot or greengage sauce in the dish.

517. *Plantain (Kelá) Fritters.*—Make a batter of twelve ripe plantains, four tablespoonsful of finely-sifted flour, half a cupful of milk, sugar to taste, add cardamom and caraway seeds, and a couple of well-beaten eggs. Mix all well together, and fry in boiling Ghee, a spoonful at a time. Serve up hot.

#### PANCAKES (MÁL-PÚÁ).

518. *Rich Pancakes.*—Beat up eight eggs with a pint of milk, and three ounces of butter, melted and poured in with a glass of wine or brandy ; add some currants, picked, washed, and dried. Fry in boiling butter or Ghee, and serve, garnishing with lemons.

519. *New England Pancakes.*—Mix with five spoonsful of fine flour, a pint of cream, seven yolks and four whites of eggs,



and ap inch of salt. Fry very thin in fresh butter, and strew sugar and cinnamon between each.

520. *Cream Pancakes*.—Mix with a pint of cream two well-beaten eggs, three ounces of sifted sugar, six ounces of flour, and a little cinnamon, nutmeg, and mace. Fry thin with a piece of butter.

521. *Fine Pancakes*.—Mix together half a pint of cream, the yolks of eighteen eggs, beaten fine, half a pint of sherry, half a pound of sugar, a pinch of salt, and a little ground nutmeg, cinnamon, and mace. Add as much flour as will spread thin over the pan, and fry in fresh butter.

522. *Pink Pancakes*.—Beat fine some boiled beetroot (Chugandar) in a mortar; add the yolks of four eggs, two spoonsful of flour, and three of cream; sweeten, add a little nutmeg and a glass of brandy. Mix all well together, and fry in butter. Garnish with green sweetmeats or sprigs of myrtle.

523. *Sáda Pancakes*.—Make a light batter of eggs, flour, and milk. Fry in hot Ghee or butter. Salt, ginger, or nutmeg can be added. Serve with sugar and lemon.

524. *Another Recipe*.—Beat well three eggs, and add them to a pint of milk; add a little salt and flour, sufficient to make into a smooth batter. Fry in boiling Ghee, roll over on each side; serve hot, with lemon and sugar.

#### BLANC-MANGES.

525. *Blanc-mange*.—Add an ounce of isinglass to half a pint of good milk, soak for five minutes; boil a few peach or laurel leaves in a pint of cream and half a pint of milk. When it boils, pour it over the isinglass and milk, stir, and add four ounces of lump-sugar, and a little wine or brandy. Strain through muslin, and put into moulds.

526. *Another Recipe*.—Boil three-fourths of an ounce of isinglass in a little water or milk; add to it gradually a quart of good rich milk, a little cinnamon, lemon-peel, and a few well-pounded bitter almonds, sweeten to taste; boil for six or eight minutes, stirring well, strain, and pour into moulds, or Jelf Sanchás.

527. *A Rich Blanc-mange*.—Boil an ounce and a quarter of fine isinglass in a pint and a half of new milk ; add the grated rind of half a lemon, a little mace, a stick of cinnamon, and loaf-sugar to taste. Blanch and pound half an ounce of sweet almonds, and eight or ten bitter almonds ; add a spoonful of rose-water, put them to the milk, and mix. When the isinglass is dissolved, strain, add half a pint of rich cream, and stir well. Leave it standing for an hour, and pour into moulds, jelly-glasses, or custard-cups.

528. *Arrowroot (Arárot) Blanc-mange*.—Mix with two cupsful of arrowroot a quart of milk, blanch and pound an ounce of sweet and fourteen bitter almonds, and add them to the milk ; put into a Degchá and boil for a few minutes, stirring well. Put into moulds, and turn out when cold.

529. *Rice (Chánwal) Blanc-mange*.—Swell four ounces of rice in water, then drain and boil it in new milk to a mash, with cinnamon, sugar, and a little lemon-peel. Pour into moulds or cups, and when cold turn out and garnish with any red jelly or preserved fruit you please. Cream may be served with it.

#### JELLIES.

(MEWÁ-JELÍ.\*)

530. *Fruit Jelly*.—Bruise some fruit (any kind you like), and strain out the pulp ; add three-quarters of a pound of sugar to every pint of juice, boil up well together, put a little on a plate, and if it comes off clean, without sticking, it is done. Strain off and put into moulds.

531. *Grape (Angúr) Jelly*.—Mix equal quantities of dissolved isinglass and the juice of ripe grapes, add sugar to taste, and two glasses of madeira. Strain and put into moulds.

532. *Calf's-feet Lemon Jelly*.—Boil three calf's-feet in four quarts of water till half wasted, take the jelly from the fat and sediment, mix with it the juice of an orange and of twelve lemons, the peels of three ditto, the whites and shells of twelve

\* All English fruits are obtainable from the Government Botanical Gardens at Saharunpúr and Mussoorie ; and from Messrs. Lee, and Wheeler's Fruit-gardens, Maíni-Tál, and Almora, in Kumaon.

eggs, sugar to taste, a pint of raisin-wine, one ounce of coriander-seeds, a quarter of an ounce of allspice, a bit of cinnamon, and six cloves, all pounded. Boil the jelly a quarter of an hour without stirring, then strain through a flannel bag.

533. *Lemon Jelly*.—Clarify two ounces of isinglass in three gills of water, add three-quarters of a pound of loaf-sugar and the rinds of two and a half lemons; squeeze in the juice of five lemons, strain, stir into cool sugar and isinglass, take out the peel, boil for five minutes, and when cool pour into moulds and place in ice.

534. *Apple (Seb) Jelly*.—Pare and core about twenty golden pippins, boil them in a pint and a half of water till quite soft, then strain, and to every pint of liquor add a pound of sifted sugar; add cinnamon, grated orange, or jelly. Boil to a jelly.

535. *Apricot (Khubáni) Jelly*.—Peel and stone twenty-five apricots, make them into a pulp, put into a pan with a small cupful of water, and half a seer, or one pound, of fine sugar. Add lemon-juice, and stir in the white of an egg. Boil till it jellies, and put into moulds.

536. *Calf's-feet Jelly*.—Boil four calf's-feet in two gallons of water till reduced to two quarts, strain, and when cold skim off the fat; put the jelly to boil with a pint of sherry, a glass of brandy, the juice and peel of three lemons, loaf-sugar to taste, and the whites and shells of six eggs, well beaten. Stir all together till it boils; boil quickly for a few minutes, strain through a flannel bag till clear. A very little saffron boiled with it gives it a rich colour.

537. *Calf's-feet Jelly (Indian Way of Making)*.—Take twelve full-sized calf's-feet, half-seer of sugar, eight limes (Kagzee Nimbu), two oranges, half a dozen blades of lemon-grass, a tablespoonful of mixed spices (cinnamon, cardamom, mace, nutmeg, and cloves), six eggs, a handful of isinglass, and a claret-glassful of sherry. Having thoroughly washed the feet, break them up and boil them. Allow all the meat to dissolve over a slow fire, skim away every particle of fat, and strain the liquid through a coarse napkin. Add the sugar, all the hot spices, and the rinds of two lemons and one orange. Simmer the whole for some time, squeeze in the juice of the eight limes and the two

oranges, together with the isinglass and lemon-grass, and when it begins to thicken, strain it, and reboil till it is reduced to the required quantity, skimming all the fat. Beat the whites of the six eggs to a good light froth, add this to the jelly, and pour it from the pan into another vessel several times until it clears, then add the sherry,<sup>1</sup> strain it through flannel, returning it quickly two or three times until it runs perfectly bright and clear. Fill into glasses or moulds before it congeals.

538. *Claret Jelly*.—Dissolve half a pound of loaf-sugar and an ounce and a quarter of isinglass in half a pint of water; add a pint of good claret, a wineglass of brandy, and half that quantity of maraschino; boil, strain, and put into a mould.

539. *Port Wine Jelly*.—Dissolve two ounces of isinglass in a bottle of port wine with a little grated nutmeg and two ounces of sugar-candy. Let it stand twelve hours, then put the whole into a jug, with a quarter of a lemon cut in thin slices; tie it over with paper, and boil for an hour or so in a saucepan of boiling water.

540. *Orange Jelly*.—Take the juice of ten sweet (Suntráh) and one Nowringe oranges, add the juice of two and the rind of one lemon (Ní bú), loaf-sugar, one quart of water, and four ounces of isinglass. Boil for a few minutes, strain through a jelly-bag, and put into moulds. A glass or two of good brandy is an improvement.

## INDIAN SWEETMEATS.

(HINDÚSTÁNÍ-MITHÁÍ.)

541. *Sújí-Halwá*.—Soak a seer of Sújí, or semolina, overnight, and the following morning squeeze out the milk. Make a syrup from three seers of sugar, rub some butter in a pan, to prevent the Halwá adhering, and while cooking stir well with a wooden spoon; a spoonful of rose-water should be added to the mixture just before it begins to thicken, with a spoonful of the milk of almonds. Cook till it thickens and turns brown.

542. *Gram Halwá*.—Well boil a half-seer of Chaná in a little water; boil down to half its quantity four seers of milk; add one and a half seers of sugar and a little spice. Boil all

together till it adheres to the vessel, then turn it out into plates to set, and smoothen it with a little butter.

543. *Gájar (Carrot) Halwá.*—Take one seer of carrots, peel and boil in two seers of milk ; then add half a seer of sugar, and when mixed cook in two chittacks of Ghee till it becomes a thick substance. Put into plates or mould.

544. *Jalebl Mithái.*—Take half a seer of rice-flour, and mix with it one chittack of Gram, pounded fine with a little water, so as to form it into a thick paste ; place this in an earthen vessel (Bhándá), covering it with a piece of muslin, and let it stand for the night. On the morrow, make a good thick syrup of sugar, put a frying-pan, or *Karháí*, with plenty of Ghee on the fire, and when the Ghee is well done put the mixed rice-flour into a cocoanut-shell with a hole in the centre of the shell, stop the hole with your finger till the shell is filled, then pour the contents or let it drop in circles (or in any form you please) in the boiling Ghee, and when fried, take it out with a wooden spoon gently, and place it in the syrup ; press down for a while, and serve in a dish. All children are very partial to this excellent Indian sweetmeat.

545. *Cocoanut (Náriyál) Tháli-Mithái.*—Fry one paw *Sújí* (or semolina). Mix the yolks of a dozen eggs first, then put a paw of soft sugar into it, and then the fried *Sújí*. Scoop out the substance of a cocoanut and fry it, and add it to the above ingredients. Next put in the white of the eggs when frothy ; mix all well together, put in a *Tháli*, or pan, and bake slowly.

546. *Cocoanut (Náriyál) Boriyá.*—Take half a seer of *Sújí*, quarter-seer sugar, six eggs, two chittacks butter or good Ghee, half-tola each of cinnamon and small cardamoms, and a large cocoanut ; parch the *Sújí* a little, beat up the yolks of the eggs, and add the sugar. Mix up all these well with the butter, scraped cocoanut, and spices ground fine ; when thoroughly well mixed, make the substance into flat cakes, and put them in a *Tezhál* to bake.

547. *Dodole.*—With a seer of finely-ground table-rice, take a pint of the milk of *Sújí* (semolina), two seers of sugar made into a syrup, and the milk of six cocoanuts. Mix well together. Cook in a pan well greased with butter or Ghee. When it begins to thicken, add rose-water, and put in plates or moulds.

548. *Candied (Chakotrâ) Pumelo.*—Cut a good Pumelo in slices, remove carefully the seeds, and the oily substance from the skin, squeeze out the juice, mix with it half a seer of sugar and a little water, then put on the fire, and boil till hard. Remove, and sprinkle with white sugar.

549. *Baby's Teething Sweets.*—Boil some fine rice-flour in a little water, into a thick paste, place on a board and make into a smooth ball, then make into little comfit shapes. Have a pot of boiling water ready, with a towel tied on the top ; put the little comfits on the towel, cover closely, and let them boil or steam ; mix some sugar with cocoanut-milk, and boil. Throw in the comfits, with almonds finely sliced and powdered cardamoms, and boil for a little while.

550. *Vanilla Drops.*—Beat up well the whites of four eggs, add three-quarters of a pound of finely-powdered sugar, flavour with vanilla ; beat up thoroughly, and drop on buttered paper. Bake in a cool oven.

551. *Balásá-Chintí Mithái.*—Beat the whites of ten eggs till they rise to a firm froth ; add as much pounded white sugar as will make it thick ; rub it well in a mortar to blend it ; add a few caraway-seeds, and drop on a buttered sheet or wafer-cake, as small as a four Anna-piece. Put into a moderate oven for a quarter of an hour, and they will bake white.

552. *Lemon Drops.*—Take a quarter-seer of sifted loaf-sugar, and squeeze into it the juice of three or four limes ; mix well with a wooden spoon, till it becomes a thickish paste ; then drop it upon buttered white paper, about the size of a four Anna-piece ; place in a cool oven to dry, remove from the paper, and serve.

553. *Orange Chips.*—Cut some oranges in halves, and squeeze the juice through a sieve ; soak the peel in water ; next day boil in the same till tender, drain them, slice the peels, put them to the juice, weigh as much sugar, and put all together into a broad earthen dish ; set over the fire at a moderate distance, stirring often till the chips candy ; then set them in a cool place to dry. This will take about three weeks.

554. *Candied Peppermint.*—Boil in a pint of water one and a half seers of raw sugar, till the sugar begins to candy round the side, then remove your pan, and add sixteen drops of the

oil of peppermint ; pour out into little round hoops made of tin, or butter a large piece of paper, and lay it on the stone with a square frame on paper, and pour the sugar on the paper ; it will become all over beautifully spotted ; cut it with a knife into whatever shape or size you please.

555. *Peppermint Drops*.—Sift finely-powdered loaf-sugar into some lemon-juice, sufficient to make it of a proper consistency ; dry it gently over the fire for a few minutes, take off, and add about twenty drops of oil of peppermint for every pound of sugar. Drop them from the point of a knife upon buttered paper.

556. *Ratafia Drops*.—Blanch and pound four ounces of bitter and two ounces of sweet almonds with a little sugar and the whites of two eggs, making a paste ; then make into little balls, the size of a nutmeg, put them on wafer-paper, and bake gently upon tin plates.

557. *Rose Lozenges*.—Boil a seer of sugar gently in a cupful of water. When it begins to candy, take off, and add a chittack of gum-arabic, dissolved, and fifteen drops of the oil or otto of roses. Roll out, and make into lozenges ; colour as you like. A little scented olive-oil or powdered starch will prevent them from sticking.

558. *Macaroni Drops*.—Take some sweet almonds, and a few bitter ones, and blanch and pound them very fine ; add sifted sugar, and a few drops of orange-flower-water. Mix with them their weight of sugar, and some well-beaten whites of eggs, about four to each pound of almonds and sugar. Work well together ; drop it upon white buttered paper in small nuts, and bake in a gentle oven for a short time.

559. *Macaroons*.—Blanch and pound four ounces of almonds with four spoonful of orange-flower-water ; whisk the whites of four eggs to a froth ; then mix it, with half a seer of sugar and the almonds, to a paste. Lay a sheet of buttered paper on a tin and put the mixture on in the shape of macaroons.

560. *Kúlichás*.—Take seven chittacks of sugar, four chittacks of butter, four eggs, one seer of Sújí (semolina), with one cocconut, scraped. All to be well mixed together with milk, to bring it to a proper consistency. Then make into flat cakes, and put into the oven to bake.

## CREAMS (MALÁÍDÁR).

561. *An Excellent Cream.*—Take three-quarters of a pint of rich cream, and whip it to a strong froth ; add a little lemon-peel, grated very fine, a squeeze of the juice, half a wineglassful of sweet wine, and sugar to sweeten. Lay it in a shape ; leave it till next day ; then put it on a dish, and ornament with light puff-paste biscuits, about the length of a finger, and strew sugar over them ; or macaroons can be used, if preferred, to line the edges of the dish.

562. *Almond Cream.*—Blanch and pound three ounces of sweet almonds, and a few bitter, adding to them a teaspoonful of water. Put a paste to two pints of cream, and squeeze in the juice of three lemons. Whip to a froth, and fill glasses with the liquor and froth.

563. *Lemon-peel Cream.*—Add to a pint of boiled cream, when half cold, the yolks of four well-beaten eggs ; stir till cold ; add four ounces of loaf-sugar and a teaspoonful of grated lemon-peel ; put on the fire and stir till quite hot, but not boiling ; take off the fire, and when cold put into sweetmeat-glasses. Serve with lemon-peel cut like long straws over the tops of the glasses.

564. *Lemon Cream.*—Well beat three new-laid eggs, and add to them a pint of thick cream, four ounces of fine sugar, and the grated rind of a lemon ; set over the fire and boil, then stir till nearly cold ; squeeze the juice of a lemon into a bowl or dish, and pour the cream upon it, stirring till quite cold. It is delicious when iced.

565. *Yellow Lemon Cream.*—Thinly pare four lemons into a large cupful of water, and squeeze the juice on seven ounces of sifted sugar ; well beat the yolks of nine eggs. Add the peel and juice, having previously beaten them together well ; strain into a Degchá, or saucepan, set over a gentle fire, and stir one way till it thickens and becomes scalding hot, but not boiling. When cool pour into jelly-glasses.

566. *White Lemon Cream.*—This can be made the same as in preceding Recipe (565), only put the whites of the eggs instead of the yolks, whisking them to a froth.

567. *Snow Rice Cream.*—Take five ounces of ground rice,



three ounces of loaf or pounded sugar, six or eight drops of essence of almonds, and three ounces of fresh butter. Add two pints of new milk, and boil for about twenty minutes, till quite smooth, stirring well. Pour into a buttered mould ; turn out when cold, and serve with preserve round.

568. *Whipped Cream*.—Dissolve in a quart of rich cream a little orange-flower-water, a few drops of bergamot-water, and a quarter-seer (or half a pound) of finely-sifted sugar. Whip the cream to a froth, and take it off with a skimmer ; drain on a sieve, and, if intended for icing, leave it for half an hour before putting it into cups or glasses. Serve with coloured powdered sugar sprinkled on the top of each.

569. *Italian Cream*.—Steep three-quarters of an ounce of isinglass for five minutes in half a pint of cold water, then take a pint of rich cream and boil in it, thinly pared, the rind of one lemon ; add the juice of the lemon, and three tablespoonsful of raspberry or strawberry syrup to the soaked isinglass ; pour the hot cream upon the above ingredients, stirring all the time ; add sugar to taste ; whisk till it thickens, then pour into glasses or moulds.

570. *Another Recipe*.—Rub the rind of a lemon on a lump of sugar, and scrape it into a tolerably deep pan. Add the juice of two lemons, three tablespoonsful of brandy, and three-quarters of a pint of thick cream. Sweeten to taste, with powdered sugar, and whisk the whole to a thick froth. Then stir in three-quarters of an ounce of dissolved isinglass. Put into a cool mould, and it will be ready to turn out in an hour.

571. *Rock Cream*.—Boil till quite soft, in new milk, a teacupful of good rice, sweeten with white sifted sugar ; pile it upon a dish, and lay all over it lumps of coloured jelly or preserved fruits. Whisk to a firm froth the whites of three eggs, a little fine sugar, and a few drops of any flavouring you please. When quite stiff, add a little rich cream. Drop over the rice, giving the appearance of a rock of snow.

572. *Caledonian Cream*.—Take two ounces of raspberry jam or jelly, two ounces of red currant jelly, two ounces of sifted loaf-sugar, and the whites of three eggs. Beat with a spoon for three-quarters of an hour.

573. *Swiss Cream*.—Add to a pint of rich cream a slice of

two of lemon-peel, and boil ; then pour into a bowl, with enough pounded white sugar to sweeten, and when quite cool squeeze in the juice of two lemons. Soak a quarter of a pound of macaroons in a glass dish, with a little brandy or sherry, and pour the cream over them.

574. *Sponge Cream*.—Mix together half an ounce of isinglass, a wineglass of sherry, and two of water ; let it stand all night ; then boil them till all the isinglass is dissolved, and strain into a pint of thick rich cream, adding two ounces of sifted sugar. Stir for a few minutes very gently, and pour into a mould and freeze.

575. *Marble Cream*.—Sweeten a pint of rich thick cream, whisk it to a froth, and add half a pint of well-sweetened raspberry-juice. Dissolve in a very little water an ounce and a half of isinglass, and while warm pour on the cream. Whisk the whole together, and put into moulds and freeze.

576. *Coffee Cream*.—Boil, and set to cool, a quart of good cream ; make a large cupful of strong coffee, and set to cool ; sweeten with sugar-candy. Boil half an ounce of isinglass in a little cream or milk, then put the coffee and cream into a pan, with a glass of brandy and some sugar. Whisk it up, and when it begins to thicken put in the isinglass ; whisk till quite thick, then fill the cups.

577. *Chantilly Basket, with Whipped Strawberry Cream and Fruit*.—Take any mould that will serve to form a basket, and rub it over with fresh butter. Dip some macaroons in melted barley-sugar, and fasten them together with it ; each row of cakes must be cold and firm before the meat is put on. Then take it from the mould, and keep in a dry place till wanted. Fill it with a whipped strawberry cream, made the preceding day and drained on a sieve, and put ripe strawberries into the whip.

578. *Raspberry Cream without Cream*.—Pound and sift a quarter of a pound of sugar, mix it with a quarter of a pound of raspberry jam or jelly, and the whites of four eggs. Beat all well together for one hour, and then put in lumps on a glass dish.

579. *Orange Cream*.—Take the juice of four oranges, and the rind of one pared fine ; put them into a pan with a pint of water, and eight ounces of finely-sifted sugar ; beat the whites of five eggs ; set over the fire, stir one way till it is thick and white. Strain through a sieve, stir till cold, then well beat the

yolks of five eggs, and put into the pan with the cream. Stir over a slow fire till ready to boil, put into a basin to cool, and stir till cold, then put into jelly-glasses.

## ICES.

(MALÁÍ KÍ BARF.)

580. *Strawberry Ice Cream*.—Take a quart of juicy strawberries, and mash them with a pound of sugar, rub through a colander, and add two pints of rich cream ; freeze.

580 (a). *Raspberry Ice Cream (as made in India)*.—Mix with a tablespoonful of pounded loaf-sugar two tablespoonsful of raspberry jelly or jani, and a little cochineal (Kirm-dáná) to heighten the colour, with the juice of a large lemon. Strain and put into the freezing-pot, cover it closely, and place it in a bucket (which has a small hole near the bottom, and a spigot to let the water run off) with plenty of ice broken small, and mixed with three or four handfuls of coarse salt. Press the ice closely round the freezing-pot, then turn it round and round for about ten minutes, take off the cover and remove the frozen cream to the centre with a spoon. Cover it again, and turn it till all be equally iced. Serve in china ice-pails, in block ; or put into moulds, covering them securely, and replacing them in the bucket (with ice and salt as before) for an hour or more. Dip the moulds into cold water before turning out, and serve immediately.

*Water-Ices* are made in the same way, substituting water for cream.

581. *Ice Cream*.—To the well-beaten yolks of six eggs add ten ounces of finely-powdered sugar and a tablespoonful of corn-flour ; put into a quart of milk, and scald till it thickens ; when cold, add a pint of good cream and the whipped whites of two eggs. Flavour with ratafia, and freeze.

582. *Another*.—Scald a quart of milk, and dissolve in it an ounce of gelatine and eight ounces of sugar ; when cold, strain and mix with a pint of whipped cream. Flavour with vanilla, and freeze.

583. *Another*.—Extract from any fresh ripe fruit a pint of juice ; add half a seer of sugar and a pint of water ; when partly frozen, add the whipped whites of three eggs.

584. *Another*.—Take two seers of milk, and boil down till reduced to half; add two chittacks of sugar and one teaspoonful of essence of vanilla. Freeze.

585. *Fruit Ices*.—Add two pints of cream to half a seer of any preserved fruit, the juice of two limes, and sugar to taste. Rub through a fine hair sieve; add a little cochineal colouring, and freeze.

#### TRIFLES.

586. *A Trifle*.—Cover the bottom of a dish with sponge-cakes, divided into quarters; add some ratafia-cakes or broken macaroons; soak them with a little sweet white wine, cover with raspberry jam, or any other you please, adding some guava jelly; then pour over it a rich custard, and cover high with a whipped cream. Sprinkle some comfits on the top, or garnish with coloured sweetmeats.

587. *An Indian Trifle*.—Boil two pints of milk with a stick of cinnamon; thicken it with rice-flower first moistened with cold milk, and sweeten to taste; pour into a dish, let it stand till cold, then cut into the shape of a star, or any other shape you like. Take out the spare rice, and fill the spaces with boiled custard. Ornament with sliced almonds and spots of currant jelly.

588. *Trifle*.—Pare and core half a dozen large apples, and boil them to a pulp; boil half a seer of pumpkin for an hour, rub it through a colander, and mix with the pulped apple; sweeten to taste, and add the grated rind of a lime; place in a deep glass dish, half filling it; scald half a pint of cream, the same quantity of milk, and the yolks of two eggs, stirring all the time; add a little sugar; let it stand till cold, then pour over the pulp, in the glass dish, and lay a little whip over the whole.

589. *Another*.—Cover the bottom of a dish with macaroons and ratafia-drops, and soak with raisin wine; then pour over them some cold, rich custard. It should stand three inches thick; then put a layer of raspberry or any other jam, and cover the whole with a very high whip of rich cream.

590. *Apple Trifle*.—Scald some apples, pulp them through a

sieve, and make with them a thick layer at the bottom of a glass dish; add the rind of half a lemon, grated fine, and sugar to taste. Mix and scald half a pint of milk, half a pint of cream and the yolk of an egg, add a little sugar, and leave to cool. Lay it over the apples with a spoon, and put over it a whip made the day before.

591. *A Cake Trifle*.—Take a Savoy or Naples cake and cut out the inside, leaving a shell about an inch thick; fill the inside with a rich custard flavoured with a little peach-water. Lay on it any jam you please; whip the whites of two eggs with a little sifted sugar, and pile it on the cake over the preserve.

592. *A Rich Trifle*.—Put some sponge-cakes at the bottom of a glass dish, then some macaroons and ratafias; soak them with half a pint of sherry and three wineglasses of brandy; then grate over them the peel of a large lime, add three ounces of sweet almonds, blanched and cut into thin shreds, and a pot of raspberry jam. Pour over the whole a pint of rich custard, and pile a good whipped cream lightly over the top. Ornament with crystallized fruits of bright colours, or with flowers.

#### FLUMMERIES.

593. *Flummary*.—Blanch and pound one ounce each of sweet and bitter almonds, adding a little rose-water; put them in a pint of calf's-foot stock, and sweeten with loaf-sugar. When it boils, strain, let it cool, then add a pint of rich cream, and stir till thick and cold. Wet the mould, and pour in the flummary. In five or six hours turn out.

594. *French Flummary*.—Take two pints of cream and half an ounce of isinglass, boil gently for a quarter of an hour over a slow fire, stirring all the time; take off, and sweeten to taste. Add a spoonful each of rose and orange-flower water, pour into a glass mould, and turn out when cold.

595. *Rice Flummary*.—Boil a pint of milk with a piece of lemon-peel and cinnamon. Mix a little rice-flour with cold milk, sweeten, and add a spoonful of peach-water, or a bitter almond pounded; boil, and pour into a mould, taking out the spice. When cold, turn the flummary into a dish, and serve with cream or custard round.

596. *Swiss Flummery*.—Take two pints of cream and boil it with one chittack, or two ounces, of isinglass-shavings for a quarter of an hour, stirring all the time ; sweeten with loaf-sugar, add a little rose and orange-flower water ; strain into a mould, and serve with baked pears (Náshpátí) round it.

597. *Dutch Flummery*.—Steep an ounce and a half of isinglass in a pint of cold water ; put it into a Degchá with the rinds of three limes grated, stir till dissolved. Well beat the yolks of six eggs with a pint of good raisin or white wine ; add the juice of the lemons, and three-quarters of a pound of lump-sugar. Mix the whole well together, boil for a minute, strain, and stir till cold. Then pour into moulds.

598. *Gelatine Flummery*.—Dissolve a quarter-seer of gelatine in a pint of water ; then add a pint of sherry, sugar to taste, and the yolks of three eggs. Stir over the fire for fifteen minutes. When nearly cold add a little lemon-juice.

#### SYLLABUBS.

599. *Allahabad Syllabub*.—Put a pint and a half of sherry into a bowl, with one chittack of loaf-sugar, and some grated nutmeg. Milk into it from the cow about two quarts of milk, stir well, and put into glasses, and serve.

600. *Syllabub*.—Put a pint and a half of white or port wine into a bowl ; add some grated nutmeg and sugar to taste ; then milk into it nearly four pints of milk, frothed up. Clotted cream can be placed on the top, and pounded cinnamon and sugar.

601. *Another*.—Mix with a quart of good thick cream half a seer of refined sugar and a pint and a half of raisin wine ; add the grated peel and the juice of three lemons. Whisk it one way for thirty minutes, and put into glasses.

602. *Solid Syllabub*.—Soak for five minutes an ounce of isinglass in half a pint of water ; add the peel and juice of two limes, half a pint of sherry, and six ounces of loaf-sugar. Boil for three minutes, then pour upon it a pint of warm cream, stir quickly till it boils ; then strain and stir till it thickens, and pour into moulds.

#### FRUIT CUSTARDS.

603. *Gooseberry (Tapárce) Fool*.—Put four pints of gooseberries into a Degchá with two pints of water ; when they begin

to swell and turn yellow, drain them and press them through a colander, add sugar to taste, and set to cool. Add to two quarts of new milk the beaten yolks of four eggs, and a little grated nutmeg; stir over the fire till it begins to simmer, then take off, and stir gradually into the cold gooseberries; let it stand till cold, and serve.

604. *Mango (Ám) Fool*.—Boil some green mangoes and add to the pulp cold milk and sugar to taste. The milk should be added very gradually, stirring well all the time.

605. *Another*.—Boil the mangoes in milk till soft; beat them and strain the pulp through a coarse sieve. Sweeten cream with sugar to your taste, mix with the pulp; when cold place in glasses. A tablespoonful of orange-flower-water can be added if preferred.

606. *Apple (Seb) Fool*.—Stew some apples as directed for gooseberries, and then peel and pulp them. Prepare the milk, etc., and mix as before.

607. *Pineapple (Anannás) Fool*.—Cut and boil two pineapples in a little syrup till quite soft, pulp through a colander, and, when cool, add a quart of cream, with the juice of a lime, stirring well.

608. *Peach (Árí) Fool*.—Peaches, and other fruits, may be made into fool by following the same directions as given in the foregoing recipes.

#### MERINGUES.

609. *Meringues*.—Whisk to a stiff froth the whites of four small eggs; add a quarter-seer of finely-sifted sugar; flavour with vanilla or lemon essence, and continue whisking till quite firm; then lay the mixture in lumps on white paper, in the shape of half an egg, moulding with a spoon, and laying each about half an inch apart. Put into a quick oven, but do not close the door. Watch carefully, and when they begin to look yellow take them out and let them cool a little. Slip the blade of a knife very carefully under one, turn it into your left hand, remove another, and join the two sides which were next the paper together. The soft inside can be taken out, and the shells filled with jam, jelly, or cream, and then joined together as above, cementing them with some of the mixture.

610. *Rice Meringue*.—Simmer a cupful of rice in half a pint of milk till quite soft. Add the beaten yolks of three eggs, and beat the whole up with a teaspoonful of sifted sugar. Turn it into the baking-tin, piling up high in the centre, and spread a thick layer of apricot jam on the top. Make a firm froth with the whites of three eggs and a little powdered sugar, spread it over the jam, and sprinkle sifted sugar on the top of it, then drop about a little of the froth in different shapes. Put in the oven for about fifteen minutes, leaving the door open.

A FEW MISCELLANEOUS SWEETS, AS USED FOR DESSERT,  
SUPPER, ETC.

611. *Cocoanut Balls*.—Take a cocoanut and scrape it very fine, then put it into a thick syrup made of sugar, stirring all the time, till it becomes a paste ; remove from the fire, and knead well with the hand ; make into balls, and throw into a dish.

612. *Cocoanut Sticks*.—Extract the milk from a cocoanut, boil some treacle, and throw into it the milk, stirring constantly ; when it thickens, turn it out in a buttered dish and make into sticks.

613. *Pepper Nuts*.—Take three fresh eggs and some loaf sugar, and beat well together for some time, then blanch and pound one chittack of sweet almonds, and chop half a chittack of citron very fine ; add the grated rind of a lemon, a little cinnamon and nutmeg, a quarter of a teaspoonful of black pepper, half a teaspoonful of cloves, and about four chittacks of flour ; mix well together, shape the dough in a small teaspoon, and bake.

614. *Kisses*.—Beat to a firm froth the whites of four eggs, add gradually a quarter-seer of finely-sifted sugar and a little peach, vanilla, or other flavouring ; beat well, then drop a small spoonful at a time on some white buttered paper, not near enough to touch each other. Bake till a light brown.

615. *Another*.—Beat the whites of five eggs to a stiff froth, mix with it gradually half a seer of the finest sifted white sugar, and fifteen drops of essence of lemon ; beat the whole well together ; lay a sheet of stout white paper on a baking-tin and drop upon it, at equal distances, a little apricot, pineapple, or raspberry jelly ; then cover the same over with the white of egg



and sugar. This should be done very evenly. Place in a warm oven till they colour, then take out, and place the flat parts of each together.

616. *Bachelors' Buttons*.—Rub two chittacks of fresh butter into three chittacks of flour, add sifted sugar ; mix with one or two well-beaten eggs. Then scratch off pieces as large as a nut, sprinkle them over with white sugar, and bake lightly.

617. *Tho-Thole (Armenian Sweet Dish)*.—Take two seers of Sújí (semolina), two seers of rice, two seers of Ghee, four seers of sugar, eight cocoanuts, and four seers of almonds, blanched and sliced ; make a thick syrup with the sugar ; add the Sújí, rice and flour, mixed with cocoanut-milk ; stir all well together, then fry in Ghee, throwing in the sliced almonds, till it becomes like Hulwá.

618. *Nokul*.—The following are the ingredients used for this sweet : Half a seer of flour, four seers of sugar, half a seer of blanched and sliced almonds, and three-quarters of a seer of milk ; mix, and bake in a moderate oven, in any shape you please, or fry in Ghee.

619. *Rowrie (or Lowry)*.—Four seers of sugar, two seers of blanched almonds, one máshá saffron, four chittacks of rose-water, and three-quarters of a seer of milk.

620. *Nánkhatái*.—Half a seer of flour, one pow of sugar, one pow of Ghee ; mix well, and bake in a moderate oven.

621. *Kúl-kúl*.—Knead well half a seer of Sújí (semolina) with the beaten yolks of three or four eggs ; then mix with some warmed Ghee, and allow it to dry a little ; fry the cakes in Ghee, and then candy in syrup.

622. *Lemon Honeycomb*.—Squeeze the juice from a lemon and sweeten to your taste ; put it in a glass dish ; then well beat the white of an egg, and mix with it a pint of rich cream and a little fine pounded sugar ; whisk it well, and as the froth rises put it on the lemon-juice. It should be made some hours before required for use.

623. *Cream Sack*.—Boil a pint of raw cream, the well-beaten yolk of an egg, two or three spoonful of white wine, some sugar and lemon-peel ; stir gently over the fire till it be as thick

as rich cream ; remove, and stir till cold ; then serve in glasses with dry toast.

624. *Chocolate Cream*.—Take two pints of thick cream, and scrape into it one ounce of the best chocolate, and a quarter of a pound of sugar ; boil and mill it ; when quite smooth, cool, then add the whites of new eggs ; whisk, and take up the froth on sieves, and serve in glasses to rise above some of the cream.

625. *Cheese as Iced Butter*.—Boil a pint of cream for a few minutes, with grated lemon-peel and a little orange-flower-water ; remove from the fire, and add twelve yolks of eggs, well beaten up ; mix all well together, sift, and freeze ; whisk it like ices. Ice it so that you may take it up with a spoon to serve like pats of butter stamped, and bits of clean ice appear between, as crystals.

626. *Apple Snowballs*.—Swell some rice in milk, strain it off, pare and core some apples, put the rice round them, tying each up in a cloth. Put a bit of lemon-peel, a clove, or cinnamon in each, and boil them well.

627. *Stewed Pears (Náshpátí)*.—Take some large pears, pare, and halve or quarter them, throw them into water as the skin is taken off, to prevent their turning black. Pack them round a stewpan, and add sugar sufficient to sweeten, some lemon-peel, a clove or two, and some allspice cracked ; cover them with water ; cover close, and stew for three or four hours. When quite tender, take them out, and pour the liquor over them.

628. *Indian Fruits*.—The following Indian fruits can be stewed and served in the same way as the foregoing, viz. : Guavas (Amrút), mangoes (Ám), apricots (Khubání), damsons (Alú Bukhárá), nectarines (Chukiá), Orlean plums (Áluchá), peaches (Árú), plums (Bair), pineapples (Anannás).

629. *Snowballs*.—Pare and core half a dozen apples, fill up the holes with orange marmalade. Make a little good hot paste, and roll the apples in it ; make the crust of an equal thickness, and put into a dripping-pan ; bake in a moderate oven. Ice them as you would a plum-cake, about a quarter of an inch thick ; place at a little distance from the fire till they are hardened, but do not let them brown. Put one in the middle of a china or glass dish, and the other five round it. Garnish with flowers.

630. *Charlotte Russe*.—Dissolve half an ounce of isinglass in a pint of milk, sweeten to taste, and add a little flavouring; vanilla is the best. Whip a pint of cream to a firm froth, and add to the isinglass when the latter has become cool; the cream should be poured with force into the bowl, whipping it all the time. Serve with ratafias sprinkled on the top, and garnish with apricots. Savoy biscuits should be served with it.

## INDIAN PRESERVES, JELLIES, ETC.

(MURABBÁ-JÉLÍ.)

631. *Hints about the Making of Indian Preserves*.—It is not generally known that boiling fruit a long time *without* sugar, in an open preserving-pan, and skimming it well, is a very economical way, as the whole of the scum rises from the fruit; and boiling *without* a cover allows the evaporation of all the watery particles. Preserves boiled in this way keep firm and well flavoured. Jam made as above, with the addition of a quarter-seer of good pure sugar (Chení) to every half-seer of fruit, is excellent.

632. *The Syrup*.—To every pint of water add a seer, or two pounds, of pounded loaf-sugar and the white of an egg, well beaten. Put them in a preserving-pan, but let it stand till all the sugar is dissolved before it is set on the fire. When it boils up, throw in a teacupful of cold water, and do not stir the sugar again. Let it come to a boil a second time, then stand it near the fire to settle, and afterwards skim carefully, and set aside for use.

633. *Preserves (Murabbá), How to Keep*.—Beat up lightly the white of an egg, and apply a coating of it to some white tissue-paper, with which cover the mouth of the jars. This will make it impervious to the air.

634. *Apricot Preserve (Khubánt-Murabbá)*.—With an equal weight of fruit have good sugar, or Chení, and strew it over the fruit and place it in a preserving-pan with the kernels. Let them simmer very gently, till clear. Bottle, pouring the syrup and kernels over the fruit. Take off the scum as it rises while cooking. Cork carefully, making it air-tight.

635. *Ginger Preserve (Adrák-Murabbá)*.—Get green ginger, so young that when you break a bit off there are no strings;

boil the green ginger in water till tender, strain off the water, and put the ginger into jars. Make a syrup of one seer of white sugar (Chení) to one pint of water. When cold, pour this over the ginger, filling the jars to the brim, and cover closely. Allow it to stand a day, then strain off the syrup and reboil it for ten minutes, and when cold pour the syrup over the ginger, cover close, and allow it to stand another day. Repeat this process for a week ; at the end of this time, the ginger should have absorbed enough sugar. The last time of reboiling the syrup it must be quite thick, and cover the ginger well over. If the syrup is much reduced, add sugar, so as always to cover the ginger in the jars completely.

636. *Mango Preserve (Ám-ki-Murabbá)*.—The largest mangoes should be selected. Peel and split them to extract the stones, and steep them in cold water for a few hours, changing the water two or three times. Then make a thin syrup of the best white sugar, and having drained the water from the mangoes, and wiped them, throw them into the prepared syrup. Allow them to boil over a gentle fire for about an hour and a half; then keep them in soak in the syrup for a couple of days, after which drain off the syrup which remains, and make a *fresh* syrup of *equal weight* as the mangoes, and put the fruit in this syrup to boil on a quick fire for about an hour. The syrup will thicken as the fruit is boiling ; use a wooden spoon, or Chamchá, for preparing and removing the preserve. When cool, place in large jars, and pour in syrup enough to completely cover the fruit. To one hundred mangoes, four seers of sugar should suffice, but more may be added to suit the taste.

637. *Green Mango Preserve*.—Select mangoes slightly under the middling size, taking care that they are not bruised or injured in any way. Steep them in clean water ; grate the outer coat or peel very finely, so as to remove thoroughly a fine coat of green from the surface. A Sepí, or shell with a hole in it, is dexterously used by the natives for this purpose. Cut down the fruit lengthwise to extract the stones, and then throw them into lime-water. Remove them into a preserving-pan with clean water, and parboil, skimming well ; then allow all the water to drain, and having prepared a large quantity of good thick syrup (allow one seer of sugar to every twenty-five of mangoes), throw the fruit into it, and allow them to simmer (clearing off

the scum) until the sugar inclines to crystallize. Then remove the pan from the fire, and put the preserve into wire-mouthed bottles. Before finally corking down it will be necessary to examine the syrup every two or three days. If it be found that the syrup is becoming thin it will have to be reboiled, and just as the syrup is about to be finished, the mangoes ought to be put into it to warm up ; this precaution must be taken every time the syrup has been reboiled, until there is no further appearance of fermentation. The bottles may then be securely corked down. This preserve will keep good for years.

638. *Another Recipe*.—Peel the mangoes, then boil them slightly, lay them out in a dish under the Pankhá (fan) until they cool. Weigh the mangoes, and take equal parts of the best sugar, make a clear syrup, and then put the mangoes in the syrup, letting them cook on a slow fire. They should always be stirred with a wooden spoon ; care should be taken that they are not over-boiled. The great secret in jellies and preserves is to make a clear syrup of a proper consistency.

639. *Narangí (Orange) Preserve (as prepared by an Armenian Lady)*.—The following are the ingredients :—To two hundred and fifty Naringee, have forty seers of sugar, five seers of butter, twenty eggs, half-seer of salt, and three-quarters-seer of milk.

640. *Peach Preserve (Arú Murabbá)*.—Remove the stones from the fruit. Prepare a strong syrup, and while it is boiling put in the fruit, and allow it to simmer gently over a slow fire for a couple of hours. Then remove the fruit, and reboil the syrup with a little additional sugar, returning the fruit into this syrup, and adding a wineglassful of brandy. Boil the whole over a gentle fire for another couple of hours. Bottle when cold.

641. *Pineapple Preserve (Anannás Murabbá)*.—Select pines which are not too green nor yet quite ripe. Remove the peel and all the eyes, and cut each pine into six slices. Place them in a preserving-pan, and sprinkle over each layer a good quantity of sugar, a few sticks of cinnamon, and a few bay-leaves (Tejpát), covering the uppermost layer with a larger quantity of sugar. Allow them to simmer over a tolerably brisk fire until all the sugar has melted, then reduce the fire, and continue to simmer

until the pines have quite changed colour and become tender. Next remove them out of the syrup and allow them to drain. Continue to boil the syrup until it has thickened, then return the fruit into this syrup and finish the boiling. Bottle when cool. Should the syrup show signs of fermentation, take it out (not the fruit) and reboil, and return it to the fruit. This should be done till the syrup ceases to ferment.

642. *Tomato Preserve (Waláyattí Bygun Murabbá)*.—Extract the seed from some unripe tomatoes, and having made a thin syrup, boil the fruit in it over a slow fire, until it attains a green colour. Then take out the tomatoes, add more sugar to the syrup, and boil till it thickens; then pour the syrup on to the fruit, and let it stand till cold, and the fruit swells. If *ripe* fruit is to be preserved, boiling syrup should be poured over it, and repeated for two or three days, or until the syrup is completely absorbed by the fruit. Lemon-juice squeezed over the tomatoes will improve the flavour of the preserve.

643. *Vegetable-marrow Preserve (Paithá-Murabbá)*.—Cut a marrow into slices, add a quarter-seer of sugar, a tablespoonful of water, and let it stand for a couple of hours. Then add a salt-spoonful of ginger, and slice of lemon peel; when nearly cooked, add the juice of the lemon. It wants a *low* fire after the first half-hour, and takes about three hours to cook. It should be stirred gently while cooking.

644. *Lemon Marmalade (Nibú Murabbá)*.—Cut up the lemons very finely, removing all the seed. To every half-seer allow three pints of water, and soak for twenty-four hours. Boil till quite tender, and then let them stand for a day. Allow three-quarters of a seer of sugar to each half-seer of fruit, and boil till it will set.

645. *Orange (Nárangí) Marmalade* is made by following the above recipe.

646. *Peach Jam with Green Mango (Árú Murabbá, Ám-ki-sath)*.—Prepare the peaches as for Arú-panír, recipe 657, and to each seer of pulp add two large green sliced mangoes and a seer of moist sugar (Chení). Boil, stirring frequently so that it may not burn, and remove the scum as it rises. When it thickens the jam is ready.

647. *Guava Jelly (Amrít-Jéli).*—Take about a hundred and twenty good large ripe guavas, slice, and put them into a stone jar with a teacup of water, and close the mouth of the jar so as to make it air-tight. Then put the jar to boil for six hours in a large Degchá, after which strain out the juice through a piece of muslin. Form syrup out of a seer of sugar and add a teacup of lime-juice. Mix all well together, then boil till it gets to a proper consistency ; strain again, and bottle off.

648. *Another.*—Peel the fruit and cut in halves, extracting the seed. Then boil, with just enough water to cover. After it has boiled long enough, pour the contents of the Degchá into a towel and allow it to drain through all night. Reboil this juice, adding sugar to taste, and while boiling throw in some egg-shells to clear it, taking off the scum as it rises. Then bottle off.

649. *Jamún-Jéli.*—This is a purple berry. Take the ripest fruit and add to two seers of it half a pint of water, boiling till the fruit is quite soft. Strain through a towel, mixing with each pint of juice two table-spoonsful of lime-juice. Reboil till it is reduced to half the quantity, and to each pint that remains add half a seer of sugar-candy (Misrí). Boil, removing the scum as it rises ; when the jelly sets, cool and bottle. The jelly will be a deep purple colour. It is an astringent, and as good for colds and coughs as black currant jam or jelly.

650. *Káraundá (Jéli) Jelly.*—Place the fruit in a jar, which put into a large Degchá of boiling water, and keep boiling until the whole of the juice can be expressed, then strain it through a cloth bag. Boil with an equal quantity of moist sugar, skimming carefully. Try its consistency by placing a little on a plate. When ready, bottle and put away.

651. *Cape Gooseberry Jelly (Taparí-Jéli).*—This jelly is prepared in precisely the same way as the Káraundá-Jéli, for which recipe is given above.

652. *Pátvá (or Sorrel) Jéli* is made by following recipe 650.

653. *Mango Jelly (Ám-ká-Jéli).*—Peel and cut in two the fruit of fifty green mangoes, extracting the seed. Boil them in a preserving-pan, covering them with water. When soft, strain

the contents of the pan through a towel. Then make a syrup with good moist-sugar, or Chení, which should be added to the fruit and boiled gently. Skim till quite clear, then pour off into bottles and when cold cover down close.

654. *Guava Cheese (Amrít-panír)*.—This cheese should be made of the largest guavas, very ripe. Get five seers of the fruit, peel and divide in halves, scooping out the seed part, put water just sufficient to cover the fruit and cook it, covered up, till quite pulpy. Rub through a coarse cloth with a wooden spoon, then put all that has been strained into a Degchá and add two and a half seers of moist sugar (Chení) and half a tumbler of pure lime-juice (Kagzee-nimbu). Cook on a brisk fire till it gets quite thick and begins to rise in bubbles, breaking with a puff, emitting smoke. Then, on a slow fire, continue to cook till it becomes so stiff as to rise with each motion of the spoon clean from the Degchá. While hot, spread on to buttered dishes or place in moulds, after buttering. It will keep for years.

655. *Another Recipe*.—After all the water or juice has drained from the guavas boiled for jelly, pass the fruit or pulp through a sieve, rejecting the seeds. Add lime-juice and sugar to taste, and boil over a slow fire to a consistency stiff enough for it to remain unmoved in a spoon. Rub a little butter in a mould, fill it with the cheese while hot, and keep in a cool place to set. The colour may be improved with the aid of *Alta*.

656. *Guava (Amrít) Cake*.—Strain the substance from a hundred large guavas, add a cup of good syrup to two of the guava, with a quarter-teacup of lime-juice. Cook as in preceding recipe.

657. *Peach Cheese (Árú-panír)*.—Ripe fruit should be chosen. Place in a stone jar, and then put the jar in a large Degchá of boiling water. When the fruit has nearly dissolved mash, excluding the stones, and place in a preserving-pan, adding half a seer of sugar to every half-seer of fruit, and simmer gently over a slow fire, removing the scum as it rises. The kernels from the stones should be put in also, after blanching them. Stir the whole well together for a few minutes, then place in buttered moulds and keep in a cool place to set.



## HILL FRUIT JAMS.

(PAHARÍ MEWÁ-MURABBÁ.\*)

658. *Strawberry Jam*.—Put an equal weight of good ripe strawberries and broken sugar into a preserving-pan ; boil very slowly till the sugar is all dissolved ; stir very carefully, as the fruit should be broken as little as possible ; remove the scum as it rises ; boil from forty minutes to an hour. The addition of half a pint of white currant juice to every four pounds of fruit is a great improvement.

659. *Raspberry Jam*.—Weigh a pound of broken loaf-sugar to every pound of good ripe raspberries, and to each pound of sugar add a quarter of a pint of red currant juice ; pour the juice over the sugar in a pan and let it stand. Boil the raspberries briskly in a preserving-pan, stirring well for a quarter of an hour, then add the sugar and currant juice. Let all boil for forty minutes, skimming carefully.

660. *Cherry (Álú-balú) Jam*.—Weigh the fruit before it is stoned, and allow three-quarters of a pound of sugar to each pound of fruit ; stone the cherries, and put them with the sugar and a few spoonsful of water into the preserving-pan, simmer gently for half an hour, then boil quickly for another half-hour, skimming all the time. Crack some stones and put the kernels into the jam, or put in a few drops of ratafia, or almond essence.

661. *Apricot (Khubánt) Jam*.—Pare and cut thin the ripest apricots obtainable ; infuse them in an earthen pan till they are tender and dry. To one and a half pound of apricots add a pound of sugar and three spoonsful of water. Boil the sugar to a candy height, and put it upon the apricots ; stir them over the fire till they look clear and thick, but they must only simmer, and not boil.

662. *Peach and Pineapple Jams* are made by following the same directions as for above recipe.

663. *Plum (Álúcha) Jam*.—Allow three-quarters of a pound of sugar to every pound of fruit. Stone the plums, put them with the sugar into the preserving-pan, and simmer gently for half an hour ; then boil quickly, skimming constantly, and

\* See foot-note on page 158.

stirring. Crack some stones, and add the kernels to the jam when it boils.

664. *Damson (Alú-Búkhara) Jam*.—Allow ten ounces of loaf-sugar to every quart of fruit. Put the fruit and sugar into a stone jar ; tie the jar over securely, and set it in a deep Degchá of cold water ; bring it slowly to a boil, and simmer till the damsons are soft without being broken ; pour off the juice, and boil for fifteen minutes. Put the damsons into pots, strain the juice, and pour it over the damsons.

665. *Grape (Angúr) Jam*.—Stew grapes to a soft pulp and strain : allow a pound of sugar to every pound of pulp ; boil slowly for twenty-five minutes, stirring well.

666. *Gooseberry Jam*.—Put twelve pounds (or six seers) of the ripe red hairy gooseberries into a preserving-pan with a pint of currant-juice ; boil quick, stirring well ; when they begin to break, put to them six pounds (three seers) of sugar, and simmer slowly to a jam. It requires long boiling, or it will not keep well.

667. *Currant (Khushk) Jam (Black, Red, or White)*.—To every pound of fruit allow three-quarters of a pound of loaf-sugar ; stir and skim well, and boil for about half an hour.

668. *Greengage Jam*.—Peel and take out the stones ; allow three-quarters of a pound of broken loaf-sugar to every pound of pulp ; boil for about thirty minutes or three-quarters of an hour. A little lemon-juice may be added.

#### CAKES (MÍTHÍ-ROTÍ).

669. *Madrás Hoppás (or Opas)*.—Take a seer (or two pounds) of rice, wash and pick it nicely, then lay it on a cloth in the sun till dry, pound it to a fine flour, and put it into a pan and mix it up with sweet toddy (Tárí) into a paste ; let it remain all night, scrape out the insides of two cocoanuts, and add it and the milk to the rice paste, mixing both together ; then rub the inside of an iron or earthen pan with Ghee, and put what quantity you please of the cake in it, cover over with another pan, and place some embers on the top ; it will bake very quickly, and should not be turned. Some beaten yolks of eggs added to the rice and toddy is a great improvement, and renders

the cake yellow and sweet. Serve with milk or cream and sifted sugar.

670. *Bakhár-Khání.*—Mix one seer of flour with two-thirds or three-quarters of a seer of milk; blanch and pound twelve tolahs of almonds, adding a little milk to keep them from oiling; then gradually strain the remainder of the milk into the dough; beat up the yolk of an egg, and take twelve tolahs of Ghee, and mix all well together; add three tolahs of yeast, and set aside in a warm place to rise, for a couple of hours; then make into a flat cake, the shape of a horse-shoe, brush it over with milk or egg, and sprinkle over it three tolahs of almonds, blanched and chopped fine, or some (Poppy) Khásh-Khásh seed; place the cake on a tin and bake.

671. *Another Recipe.*—Mix well together some Sújí, cream, and leaven, add a little salt, and a quarter-seer of Ghee, work it well for some time, then set it aside to rise. Make into a flat cake, rub it over with honey or milk, and sprinkle with chopped almonds.

672. *Tipsy Cake.*—Take a moulded sponge-cake and scoop it out carefully. Fill the inside with strawberry jam, or any other you like, then cover with a layer of cake, and place in a glass dish to soak, with a little light wine and brandy and water poured over it with a spoon, till all has been absorbed. Then stick all over with sweet almonds, blanched and sliced, and fill the dish with custard.

673. *Tipsy Cake (Another).*—Steep some small sponge-cakes in brandy, then stick them all over with almonds blanched and cut in slices; pile them in a pyramid upon a glass dish, pour a custard round, and heap preserves upon the cakes.

674. *Ginger (Sonth) Cake.*—Take two seers of dough, and add half a seer of raw sugar, a quarter-seer of butter, one chittack of caraway seeds, one chittack of ground ginger, and bake in a moderate oven. This will make nice cakes either for tea or tiffin.

675. *Thick Gingerbread.*—Take half a seer of butter, a quarter of a pound of coarse brown sugar, a quarter of a pound of flour, one ounce of ginger, half an ounce of allspice, one teaspoonful of carbonate of soda, a quarter of a pint of warm

milk, and three eggs. Mix the flour, sugar, ginger, and allspice well together ; put the sugar and a small teaspoonful of water into a Degchá or saucepan. When dissolved, add the butter, and as soon as it is melted, mix it with the flour and other ingredients, work it up, and form the paste into cakes, and bake upon tins.

676. *Finger Ginger-bread*.—Mix a seer of flour with a quarter-seer of treacle (Gúr-shírá), three quarters of an ounce of caraways, an ounce of ginger, and eight ounces of butter. Roll this paste into the form of fingers, and after working well and allowing it to rise, bake in a tin in a quick oven.

677. *Canning Cake*.—Take one and a quarter seer of butter, wash it in rose-water, and beat it to a cream ; beat twenty eggs, yolks and whites separately, half an hour each. Take two and a quarter seer of fine flour, dried and hot, and three-quarters of a seer of pounded and sifted sugar, an ounce (or one chittack) of spice, finely powdered, one and a half seers of currants, washed and dried, a quarter-seer of blanched almonds, and a quarter-seer of sweetmeats, cut, not too thin. Mix all the dry ingredients near the fire ; strain the eggs into the butter, and pour half a pint of sweet wine with a large glass of brandy to the butter and eggs, mix well, then gradually put in all the dry things ; beat them thoroughly. Chop very fine a quarter-seer of stoned raisins, and mix them carefully, avoiding lumps, and add a teacup of orange-flower-water ; beat well for a little longer, and bake for three hours in a quick oven.

678. *Samundar-phen* (*Sponge-cake*).—Take the weight of eight eggs in pounded loaf-sugar, the weight of five in flour, the grated rind of one lemon, and a tablespoonful of brandy. Beat the yolks of the eggs and put them into a saucepan with the sugar, and keep over the fire until just warm, stirring well ; turn into a basin, add the grated lemon-rind, and the brandy, and stir well together, sifting in the flour very gradually. Whisk the whites of the eggs to a firm froth, and stir into the flour, etc., and beat the cake well for fifteen or twenty minutes. Put into a buttered mould, strewn with a little fine-sifted sugar, and bake in a quick oven for an hour and a half. It should be put into the oven immediately when ready, or it will not be light. Essence of almonds, or any other flavouring, can be substituted for the lemon-rind.

679. *Another*.—Weigh ten eggs, and their weight in very fine sugar, and the weight of six in flour ; beat the yolks with the flour, and the whites alone, to a very firm froth, then gradually mix the whites and the flour with the other ingredients, and beat them well for half an hour. Bake in a quick oven for one hour.

680. *Náriyál (Cocoanut) Cakes*.—Grate a cocoanut, and mix it in six table-spoonsful of thick syrup, adding a spoonful of rose-water ; stir over the fire till well mixed, then remove, and allow it to cool ; add the yolks of two eggs. Make a light pastry of flour and yolks of eggs, roll thin, line some small tin patty-pans, pour in the mixture, and bake in a gentle oven. A little grated sugar and rose-water may be added when serving up.

681. *Náriyál (Cocoanut) Sponge-cake*.—Grate up a cocoanut, add a teaspoonful of salt, half a grated nutmeg, and half a seer (one pound) of white sifted sugar. Beat and strain the yolks of six eggs, whisking the whites to a stiff froth ; add a teaspoonful of essence of lemon, and half a pint of flour. Mix together all the ingredients save the whites and flour. Before putting into the oven, add the whites and flour gradually, and gently mix. Put it on buttered paper on tins, in a quick oven.

682. *Umda-Chánwal (Rice) Cake*.—Mix together three ounces of flour, ten ounces of ground rice, and half a pound of fine sugar ; add gradually to seven eggs, well beaten, and grate the peel of one lemon finely into it ; put the whole into a stewpan over the fire, and mix well with a whisk ; then put immediately into the oven in the same, and bake forty minutes.

683. *Outram*.—Beat the yolks of twelve eggs, add a pound of sifted sugar, three-quarters of a pound of rice-flour, and the whites of the twelve eggs, well whisked ; beat all these together for half an hour, add thirty drops of essence of lemon, put into a well-buttered cake-tin and bake.

684. *Ripon Cake*.—Beat eight eggs and half a seer of sifted sugar for three-quarters of an hour ; then mix in, a little at a time, half a seer of fine dried flour ; add two ounces of caraway-seeds, and bake in tin pans in a quick oven.

685. *Seed Cake*.—Beat half a seer of butter to a cream, add half a seer of flour, half a seer of loaf-sugar, finely powdered,

some caraway-seeds, half a glass of brandy, some orange-peel, the whites of twelve eggs and the yolks of eight, and a very little ammonia. Bake in a slow oven for an hour and a half.

686. *Another*.—Mix four seers of flour with a quarter-seer of sugar, a quarter of an ounce of allspice, and a little ginger. Melt half a seer of butter with half a pint of milk ; when just warm add a quarter of a pint of yeast, and work into a good dough. Stand it before the fire for a few minutes, add seeds or currants, and bake an hour and a half.

687. *Lady Dufferin Cake*.—Take three-quarters of a pound of fine sugar and twelve eggs, and mill them in a chocolate-mill till of a lather ; mix in one pound of flour, half a pound of almonds, blanched and pounded, two ounces each of candied orange-peel and citron, four spoonsful of orange-flower-water, half an ounce of cinnamon, and a glass of wine. Bake in a slow oven.

688. *Bhuttá (Indian Corn) Cakes, or Hoe Cakes*.—Scald any quantity of Indian meal with half the quantity of boiling water ; add butter and salt to taste ; bake in a well-greased tin. This cake is a favourite in India, and a relish fit for any table. It is eaten hot.

689. *Indian Cakes*.—Take half a seer of butter, nearly three-quarters of a seer of sugar, a teaspoonful of ginger, the same quantity of powdered cinnamon, rather more than one and a half seer of fine Indian meal, and a quarter of a pound of flour. Mix well with six well-beaten eggs, and bake in small tin moulds ; eat when cold.

690. *Johnny Cakes*.—Make a thick batter of Indian meal, butter, and warm water, mould into small cakes with the hand. Fry in Ghee, turning when brown on one side. Eat hot, with butter or treacle.

691. *Guláb (Rose) Cake*.—Boil a seer of sugar in a teacupful of water over a slow fire till it begins to candy, take off and add twelve drops of the oil, or attár of roses ; colour with cochineal (Kírm-dáná). Mix all well together, and pour into small tin hoops of any shape preferred.

692. *Ratafa Cakes*.—Blanch and pound a quarter-seer each of sweet and bitter almonds, adding a little orange-water, to

prevent their oiling ; sift half a seer of fine sugar and mix with the almonds, whisk the whites of four eggs, mix them lightly with the almonds and sugar, put into a preserving-pan, set over a moderate fire, stir quick one way till pretty hot ; when a little cool make into small rolls, and cut into thin cakes, sprinkle a little flour over them, give each cake a slight tap with the finger, place on sugar-papers, and sift fine sugar over them, bake in a slow oven.

693. *Spice (Waláyati-zírâ) Cake*.—Take one and a half seer of flour, a seer of butter, three-quarters of a seer of sugar, half a seer of currants, and a few caraway-seeds ; mix well together with milk, after having previously rubbed the butter and sugar into the flour ; make into round cakes of any size, nip the edges, and bake in a pretty hot oven.

694. *Máliká Cakes*.—Mix half a seer of dried flour, the same of sifted sugar, and of well washed and dried currants ; wash half a seer of butter in rose-water, beat it well, then mix with it eight eggs ; beat the whole for an hour ; butter little tins or saucers, and bake the batter, filling only half ; sift a little sugar over just before putting in the oven.

695. *Northbrook Cake*.—Take half a seer each of flour, sifted sugar and currants ; add the rind of two lemons, grated ; mix all well together, rubbing between the hands ; then put half a seer of butter into a wooden bowl ; beat it into a cream ; break ten or a dozen eggs into a deep pan ; whisk till quite frothy ; put a third of them to the butter, and beat up ; then put in half of what is left, and mix till it sticks to the bowl ; put in the remainder and stir well up ; when it sticks to the bowl it is well mixed and light ; add the flour, etc., and paper some cake hoops or moulds, and put into a moderate oven.

696. *A Pound Cake*.—Work together half a seer of butter, half a seer of sifted sugar, and some cream, till quite smooth ; beat up nine eggs, and put them by degrees to the butter, and beat altogether for twenty minutes. Mix in lightly half a seer of flour ; put the whole into a hoop cased with paper, on a baking-plate, and bake for an hour in a moderate oven. An ounce of caraway-seeds added to the foregoing will make a rich seed cake.

697. *Malái (Cream) Cake*.—Beat to a cream three ounces of butter, and mix with it smoothly half a pound of potato-flour, a teaspoonful of baking-powder, a pinch of salt, two tablespoonsful of sugar, the grated rind of a lemon, and a teacupful of clotted cream. This should make a light batter. Place it into a well-buttered dish, and bake for about half an hour.

698. *Madeira Cake*.—Work into cream six ounces of butter, beat into it half a pound of sugar and half a pound of flour ; well whisk six eggs, and gradually work all together till it becomes a very smooth batter ; then add grated orange-peel and thinly sliced lemon-peel. Put the cake immediately into the oven, while in a froth ; bake a golden yellow.

699. *Lytton Cake*.—Mix well together one pound of rice-flour, a quarter of a pound of maizena, three-quarters of a pound of sugar, and a pinch of salt, rub into this three-quarters of a pound of fresh butter, add eight eggs, half an ounce of finely chopped candied peel, a wine-glass of pale brandy, a quarter of a pound of currants, and a quarter of a pound of sultanas. Beat all the ingredients well together, and put into a shallow tin, previously lined with buttered paper. Bake in a good oven for half an hour.

700. *Mithá Cakes*.—Well work a quarter of a pound of butter, mix it with half a seer of brown sugar, a well-beaten egg, and as much flour as will make it stiff ; roll thin, and cut with a tin mould ; bake the cakes in a slow oven.

701. *Shádi (Wedding) Cake*.—Take half a seer of fresh butter, and the same quantity of brown sugar, raisins, and currants, twelve eggs, one nutmeg, one teaspoonful of cinnamon, a wine-glassful of brandy, a wineglassful of sherry, a wineglassful of rose-water, two ounces of citron, two ounces of lemon, two ounces of orange-peel, cut in strips, and a quarter of a pound of sweet almonds, blanched. Beat together the butter, sugar, and eggs, till quite light ; mix in the orange-peel, lemon, citron, almonds, brandy, wine, spice and rose-water, then the flour, and the fruit last. Bake in a well-buttered tin for five hours in a moderately hot oven.

702. *Shádi-ki-Mithái (Bride-cake)*.—Blanch and pound three ounces of sweet almonds and half an ounce of bitter ; add a tablespoonful of ratafia, a quarter of a pound of butter (creamed



a pound of dried flour, and half a pound of sifted sugar, wet with whites of eggs, and bake in buttered tins.

703. *Another Recipe*.—Take four pounds of fine flour, well dried, four pounds of fresh butter, and two pounds of loaf-sugar, pound and sift fine a quarter of an ounce of mace, and the same of nutmeg, and to every pound of flour put eight eggs, well beaten ; wash and dry four pounds of currants, blanch and slice thin one pound of sweet almonds, take one pound each of citron, candied orange and candied lemon, and half a pint of brandy ; first work the butter to a cream with your hand, then beat in the sugar a quarter of an hour, and work up the whites of the eggs to a strong froth, mix them with the sugar and butter, beat the yolks for half an hour at least, and mix them with your other ingredients. Then put in the flour, mace and nutmeg, and beat well till the oven is ready ; add the brandy, and beat in lightly the currants and almonds ; tie three sheets of paper round the bottom of the hoop to keep it from running out, and rub it well with butter, then put in the cake and place the sweetmeats in three layers, with some cake between every layer. As soon as it is risen and coloured, cover it with paper and bake it in a moderate oven. Three hours should bake it.

704. *Bádám (Almond) Cake*.—Blanch and bruise half a seer of sweet almonds and a dozen bitter almonds very fine, adding a little white of egg or orange-flower-water to keep them from oiling ; then gradually mix with it a quarter-seer of finely powdered sugar, two eggs and lemon-peel, finely grated ; when thoroughly mixed, add eight eggs, the yolks and whites beaten up separately. Stir well, so that all the ingredients may be properly blended ; pour into a mould and bake for an hour. Glaze with white of egg, and frost with fine white sugar.

705. *Bará-din ká Cake*.—Take three-quarters of a seer of the best flour, a quarter-seer of sifted white sugar, nearly three-quarters of a seer of well-cleaned and dry currants, two chittacks of raisins, stoned and chopped, a little pounded clove, mace and cinnamon grated nutmeg, the grated peel of a lime, and two chittacks of almonds. Melt half a seer of butter in half a pint of cream ; add to it half a pint of wine, a little brandy, rose-water, six eggs, the yolks and whites beaten separately, and a quarter of a pint of yeast. Strain all this

gradually into the dry ingredients, beating them for an hour. Well butter a pan or hoop, and bake for four hours in a moderate oven. Plenty of citron, orange and lemon peel should be added to the batter. When the cake is nearly cold, pour an icing over and replace in the oven, leaving it there till cold, with the oven-door open.

706. *Plum Cake*.—Take half a seer of flour, and rub into it a quarter-seer of butter, a quarter-seer of sugar, and a very little beaten mace; beat well the yolks of four eggs, and the whites of two; add three spoonsful of yeast; put to it a gill of warm cream or milk; strain into the flour, and make it up light. Place it before a fire to rise, and put in three-quarters of a pound of currants.

707. *Mewá (Fruit) Cake*.—One and a half pounds of flour, one and three-quarter pounds of sugar, six eggs, milk, two teaspoonsful of soda, one pound of raisins, one pound of currants, half a pound of citron, half a gill of brandy, half a teaspoonful each of cloves and cinnamon; mix, and bake three-quarters of an hour. Frost with the beaten white of an egg and five table-spoonsful of sifted sugar. This cake will keep well for weeks.

708. *Zanána Cake*.—Two and a half cups of moist sugar, three eggs, one cup of clarified butter, one and a half cups of milk, four cups of flour, four pounds of raisins, one teaspoonful of carbonate of soda.

709. *Náriyál (Cocoanut) Pethá*.—Scrape fine one cocoanut, brown it with some Jagri and a few grains of cardamom-seed, set aside; then prepare a paste of finely sifted rice-flour, made with boiling water; take as much as the size of a duck's egg, and press it out flat in the palm of your hand, to the size of a large saucer, put into it a teaspoonful of the fried cocoanut, and close it up in a half-moon shape, with the aid of a little water. Have a wide-mouthed large earthen pot of boiling water, stretch and tie over its mouth a napkin, and steam the cakes over it; in thirty minutes they will be ready, and may be eaten hot or cold.

710. *Khajúr*.—Take four table-spoonsful of Ghee, and mix with it a seer of Soojie, add half a seer of sugar, pour in gradually a quarter-seer of milk, then add sufficient flour to make a good dough; well knead it, and let it stand for two or three hours; warm some Ghee, take some dough of the size of walnuts,

form them like shells, and fry a rich brown colour in the melted Ghee.

711. *Arrowroot (Arárot) Cake.*—Take the weight of nine eggs in powdered sugar-candy, and six eggs' weight in arrowroot; beat separately the yolks and whites of twelve eggs; add the sugar to the yolks and beat well; then whisk the whites with a wineglassful of brandy or water; add the arrowroot to the yolks, and mix in the whites lightly. Bake immediately in buttered tins in a quick oven.

712. *Twelfth Cake.*—Take two pounds each of flour, butter, and sifted sugar, four pounds of currants, half a pound of sweet almonds, half a pound of citron, a pound of candied orange and lemon peel, a grated nutmeg, half an ounce of ground allspice, a quarter of an ounce each of powdered cinnamon, mace, ginger and coriander-seed, eighteen eggs, and a gill of brandy. Work the butter into a smooth cream, mix well with the sugar and spice, break in the eggs by degrees, and beat for twenty minutes. Stir in the brandy, then the flour, work a little; add the sweetmeats, fruit, and almonds, and mix all together lightly. Put the mixture in a hoop covered with paper, and bake in a slow oven for four hours or more. When nearly cold, spread the icing over it.

713. *Icing for Cakes.*—Beat the whites of two eggs to a firm froth; add eight ounces of finely-powdered white sugar; mix in the juice of a quarter of a lemon. Place the cakes before the fire; pour over them the icing, and smooth over the tops and sides with a knife. Set them to dry at the mouth of a cool oven.

714. *Soda Cake.*—Take a quarter of a pound of butter, half a pound of moist sugar, half a pound of currants, a teaspoonful of soda, a teaspoonful of milk, and three eggs; rub the butter in the flour, add the sugar and the currants, and mix all well together; beat up the eggs, stir them into the flour, adding the soda dissolved in the milk, beat the whole together, put into buttered cake-tins, and bake for an hour in a moderate oven. The mixture should be well beaten up, and not allowed to stand.

715. *Poona Cake.*—Rub into a pound of dry flour half a pound of good butter; mix well with these a quarter of a pound of sifted sugar, add a cupful of boiling milk, and three well-beat n

eggs, half a pound of currants, and some grated lemon-rind and nutmeg. Mix well and lightly together, stir in a teaspoonful of carbonate of soda, and bake immediately.

716. *Richmond 'Maids of Honour.'*—Take half a pound of curd, free from whey, add to it six ounces of butter, four yolks of eggs, sugar and nutmeg to taste ; mix these ingredients well together, line patty-pans with puff-paste, fill them with the mixture, and bake in a quick oven. Currants and raisins may be introduced for a variety.

717. *Drop Cakes.*—Mix together two pounds of flour, one pound of butter, one pound of currants, one pound of sugar ; make into a stiff paste with two eggs, a large spoonful each of orange-flower-water, rose-water, sweet wine, and brandy ; drop on a tin plate, floured ; a very short time bakes them.

718. *Short Cakes.*—Take a pound of dried flour, and rub into it four ounces of butter, four ounces of white powdered sugar ; mix with an egg, and a spoonful or two of thin cream ; then put currants into one half, and caraways into the rest. Cut and bake on tins.

719. *Elgin Cakes.*—Rub into a pound of flour, half a pound of butter, and six ounces of sugar ; mix with three eggs and a little milk ; roll out thin, and cut into small cakes ; bake in a slow oven.

720. *Carwupúr Cakes.*—Take a pound of flour, and rub into it six ounces of butter, and the same quantity of sugar ; mix with two eggs and a little milk ; roll very thin and cut with the top of a glass, prick and cover them with caraways, or brush them over with white of egg, and sift sugar over them.

721. *Tea (Chá) Cakes.*—Take three pounds of flour, and rub into it six ounces of butter and five ounces of sugar ; add a teacupful of new yeast (Khamír) ; set it to rise with milk and water, then mix and let it stand half an hour, make up into cakes, roll thin, lay on tins to rise ; bake them a fine brown in a hot oven ; when baked, rub a little butter over them.

722. *Nagpúr Cakes.*—Take eight ounces of flour, and rub finely into it four ounces of butter ; add eight ounces of currants, six of fine sugar, two yolks and one white of eggs, and a spoon-

ful of brandy ; roll any size you like ; beat the other white of egg and wash over them. Sift sugar over them.

723. *Mysore Cakes*.—Take a seer of flour, two chittacks of butter, half a teaspoonful of salt, one egg, a little yeast, and warm milk ; rub in the butter and salt with the flour, beat the egg, and stir into it the yeast, and add to the flour, with sufficient warm milk to make the whole into a smooth paste ; knead well, let it rise near the fire, then make into cakes ; place on tins, let them rise again for a few minutes, and bake for about twenty minutes. A few currants and a little sugar are an improvement to these cakes. They should be buttered and eaten hot.

724. *Small Sponge-cakes*.—Three chittacks of ground-rice-flour, two of white sifted sugar, and six large-sized eggs ; beat up well the yolks of the eggs, add gradually to them the flour, beat the whites to a stiff froth, and mix them lightly with the other ingredients ; put into small buttered cake-tins, and bake in a moderate oven.

725. *Buns (Chhoti-Mithi-Roti)*. — Mix well together one pound of flour, six ounces of butter, well rubbed into the flour, two teaspoonsful of baking-powder, a quarter of a pound of sugar, one egg, nearly a quarter of a pint of milk, and a few drops of essence of lemon ; bake immediately. Currants or raisins may be added for variety.

#### BISCUITS (KULCHÁ-TIKIYÁ).

726. *Rice Biscuits (Chánwal-Biskút)*.—Take half a pound of ground rice, six ounces of fine sugar, six ounces of butter, six ounces of flour, and make into a paste with two eggs ; add a little lemon-juice, and bake.

727. *Hard Biscuits (Sakht-Biskút)*.—Warm two ounces of butter in sufficient skimmed milk to make a pound of flour into a very stiff paste, beat it with a rolling-pin, and work it very smooth. Roll thin, and cut into round biscuits ; prick them full of holes with a fork. Bake for six or eight minutes.

728. *Iron Tonic Biscuits (Mazbúti-Biskút)*.—These are excellent for dyspepsia, and as a health restorer. Take one seer of fine flour, three chittacks of butter, two teaspoonsful of bicarbonate of soda, treacle as required, half an ounce of

sesquioxide of iron ; mix the flour, soda, and iron well together, then rub in the butter ; add as much treacle as will work into a stiff dough. Allow this to stand for twenty-four hours, roll out and divide into twelve dozen biscuits (ordinary ginger-nut size) ; bake in a moderate oven. Each biscuit contains one and a half grains of the sesquioxide of iron. This recipe is by an Indian medical officer.

729. *Ginger Biscuits (Adrak-Biskút)*.—Half an ounce of pounded ginger, the weight of seven eggs in sugar, and the weight of four in flour ; pound and sift the sugar, and beat up with it the yolks of the eggs until it is quite thick, then whisk the whites to a stiff froth ; put them together, add the flour, stirring it lightly in, and bake in a slow oven.

730. *Light Lemon Biscuit (Nibú-Biskút)*.—Take eight spoonsful of sugar, and a little grated lemon-peel ; put six yolks of eggs into the sugar, and beat well ; then add the whites of the eggs, whisked to a firm froth, and three spoonsful of flour ; drop into paper cases, and sift sugar over them. Bake in a slow oven.

731. *Naples and Savoy Biscuits*.—Take a pound of pounded loaf-sugar, add nine yolks and seven whites of eggs, and one pound of flour ; beat your eggs well, and whisk them with the sugar and a little rose-water ; add the flour, and bake them long and round.

732. *Fruit Biscuits (Mewá-Biskút)*.—Scald fruit of any kind to a pulp, add some very fine sugar, beat for an hour or two ; place in little white paper forms, dry in a cool oven, turn the next day, and in a few days box them.

733. *Seed Biscuits (Shirmál-Biskút)*.—Take a pound of flour, four ounces of sugar, caraway-seeds, half a teaspoonful of carbonate of soda, with milk and cream, or butter-milk ; mix well, roll out thin, and cut out with the top of a wineglass. Bake in a quick oven.

734. *Spice Biscuits (Masálih-dár-Biskút)*.—Take one and a half seers of flour, and the same quantity of sweet almonds, cut in half ; add two chittacks of pounded cinnamon and mace, and half a seer of fine sugar ; mix. Take one and a half seers of loaf-sugar, boil slightly in some water, and mix with the other

ingredients, and pound to the consistency of paste ; roll the paste to a form like a large rolling-pin, letting it bulge slightly in the middle ; when baked and while hot, cut into slices across, about the eighth of an inch in thickness, in the form of a rusk.

735. *Ginger Nuts (Adrak-Akhrot)*.—Beat a quarter of a pound of butter to cream. Add three-quarters of a pound of flour, three-quarters of an ounce of ginger, pounded, a quarter of a pound of brown sugar, and treacle sufficient to moisten the mixture to a paste ; roll out and cut into rounds, lay a strip of candied peel on the top of each.

736. *Cocanut Biscuits (Náriyál-Biskút)*.—Mix well together one grated cocanut, a quarter-seer of sifted loaf-sugar, and the whites of two eggs, well beaten ; scratch off pieces about the size of a walnut, with a fork, place them in pyramid form on white paper, and bake in a slow oven ; they should be dried, but not coloured.

737. *Rock Biscuits (Pathrándá-Biskút)*.—Take half a seer of sugar, a quarter-seer of flour, a few raisins or currants, and six eggs. Beat up the eggs very light, add the pounded sugar, well mix, sift in the flour gradually, add the raisins or currants. Put the dough on tins, making it look as rough as possible, and bake in a moderate oven for half an hour or twenty minutes.

738. *Sponge Biscuits (Samundarphen-Biskút)*.—Beat the yolks of ten eggs for twenty minutes or half an hour, add one and a half pounds of sifted sugar and continue to whisk well. Whip the whites to a stiff froth and whisk with the sugar and yolks ; beat in fourteen ounces of flour and the grated rind of two lemons. Sift sugar over them. Bake for half an hour in moulds in a hot oven, but do not close the oven door.

739. *Treacle (Gúr) Parkin*.—Take four pounds of oatmeal, one pound of flour, one pound of butter, four pounds of treacle, one pound of sugar, one ounce and a quarter of ginger, one ounce of sweet pepper, one ounce of caraway-seeds, three tea-spoonsful of carbonate of soda. Add half a cupful of cream and rub it with the treacle, sugar, and butter well into the flour and meal. Warm the treacle and sugar in the oven and mix well.

740. *Brown Bread Biscuits (Bádámí-Biskút).*—Take a pound of coarse brown flour, two ounces of butter, and a little water. Make the butter and water boiling hot, add it to the flour, keeping it very firm ; roll out the biscuits, not too thin, and bake in rather a quick oven.

741. *Scotch Oat Biscuits (Jau-ká-Biskút).*—Put into a basin three handfuls of best Scotch oatmeal, with a bit of butter the size of a nutmeg ; add as much cold water as will form into a cake ; press the cake out with the hands until it is thin ; roll out rather thin. Have the girdle ready heated, sift a little meal over it, and lay on the cake. When the under side is brown, toast the upper side in a toaster before the fire to make it crisp. These cakes are very nice to eat with cheese.

742. *Buttered Rolls or Rusks.*—Take a pound of bread-paste and four ounces of butter, roll both together, and bake in tins, either long or round, in a hot oven.

743. *Rusks (Shíríní-Biskút).*—Well beat seven eggs, melt in half a pint of new milk, four ounces of butter, mix with the eggs ; add a quarter of a pound of yeast, and three ounces of sugar ; add by degrees sufficient flour to make into a light paste or batter. Set before the fire for half an hour to rise, then add more flour to make it stiffer ; work well, and divide into small cakes, about five inches wide, and flatten them. When baked and cold, slice them the thickness of rusks, and put them in the oven to brown a little. These cakes when first baked eat deliciously, buttered, hot, for tea.

744. *Papri-Biskút.*—Take one pound of flour, two eggs, well beaten, one chittack of sugar, and mix all well together. Roll into thin biscuits and fry in Ghee.

745. *Khush Papri.*—Take four chittacks of flour, two chittacks of sugar, and the yolks of four eggs ; mix with a little water, roll into fine cakes, and fry in Ghee.

#### SCOTCH OATMEAL PORRIDGE.

746. *Oatmeal Porridge* when properly made is both wholesome and nutritious. It has long been the staple food of the Scotch, and produces good muscular fibre and strong bone. It is a very nourishing diet for growing children. Common oatmeal is not equal to it, but it is not always easy to obtain the



Scotch. It should be prepared as follows : Boil water according to the quantity required, adding salt to taste ; while boiling, sprinkle the meal slowly on the surface, and stir it in. When enough is added, let it simmer for half an hour or longer, stirring occasionally.

746 (a). *Oatmeal Porridge*.—Take two ounces of oatmeal, a pint of water, and half a pint of cold milk. Set over the fire a pint of warm water, and as it boils, dredge in the oatmeal with your left hand and stir with the right. When made, turn into a soup-plate, or basin, adding salt or sugar, according to taste. Send to table with a jug of hot milk.

747. *Another*.—Put over the fire nearly a quart of water, add two small teaspoonsful of salt, and when the water boils, scatter your oatmeal slowly in, stirring all the time ; boil well. Pour into basins or soup-plates, and serve with milk, sugar, salt, butter or treacle, according to taste.

### TEA (CHÁ).

‘We have in tea a beverage which contains the active constituents of the most powerful mineral springs.’—LIEBIG.

#### HINTS ON BREWING AND STORING.

748. Physicians now consider that tea not only acts as a sedative generally on the nervous system, but it exerts an action on the different structures of the body, checking any disposition to too rapid a change in them, and consequent exhaustion. Tea and coffee are regarded as *helpful to health* when taken in moderate quantity.

748 (a). *Tea-brewing*.—(1) An earthenware teapot is infinitely superior to a metal one (according to some authorities); but if the latter must be used, the tannic acid should frequently be scrubbed off the insides, to which it adheres through the chemical action of the metal, and *when not in use, the lid of the teapot should be left open*.

(2) Over-boiled water is just as bad, if not worse, than water that is not boiling, in extracting the true qualities of the tea. The water should be *cold* when it is placed on the fire (the contents of the kettle having previously been emptied), and the boiling water should be taken off the fire at the second bubbling

(about ten seconds after the first intimation that the water is on the boil), and immediately poured into the teapot.

(3) With pure Indian teas the teapot should be allowed to 'draw' three to four minutes only for broken teas; five minutes for fine leaf teas (Orange Pekoe, etc.); six to seven minutes for lower-class teas (Pekoe, Souchong, etc.). To allow a teapot to 'draw' longer than this is to ruin the flavour of the tea.

(4) For broken-leaf teas half to three-quarters of a teaspoonful to the cup is quite sufficient quantity to infuse. For the finer qualities of whole-leaf teas, such as Flowery and Orange Pekoes, one spoonful, and for the cheaper qualities one and a half spoonful to the cup should be allowed. The mistake of overcharging the teapot is just as frequently made as undercharging it, and the consequence is, a good tea is transformed into a 'rank' one.

*Tea-storing.*—A large-mouthed glass stoppered bottle is the best receptacle to keep small quantities of tea in for current requirements. The stock of tea should be kept in a tin with an air-tight lid, and the bottle replenished from time to time.

*Tea-preserving.*—Should tea from exposure, accidental or otherwise, become softish to the touch and dull in liquor, it should be thinly spread on a dry iron tray in the sun, or before a fire, until it is quite hot and crisp again, being occasionally turned and respread during the time it is being so treated.

749. *A Cup of Tea: 'The Drink of Pleasure and of Health.'*—

Some there are who, seeking comfort,  
 Mix themselves some Eau-de-vie,  
 Whisky, Rum, or old Geneva;  
 But when I'm low, I take to Tea.  
 First, you take and warm your teapot,  
 Let the water boiling be—  
 That's a most important secret;  
 But see you do not spare the tea.  
 Put it on the hob, to draw it,  
 For some minutes—two or three—  
 Then fill up and shake and pour it,  
 And bless the man who found out Tea.

750. *Best Mode of infusing Tea.*—The best teapot is a metal one; it retains heat longer than earthenware. A silver teapot is especially to be recommended. In proceeding to infuse your tea, scald the teapot first, then insert the tea—a teaspoonful for each person, with an additional spoonful should two persons only be present. Pour in a breakfastcupful of boiling water; let the teapot rest under a 'tea-cosy' for four or five minutes; add boiling water in proportion to the number of the company. Tea will best retain its flavour if kept in a tin vessel, or wrapped in wool, or, better still, in a zinc-lined tea-caddy.

#### COFFEE.

751. *Coffee.*—This is a tonic and stimulating beverage, of a wholesome nature. Those who drink coffee are said to be not liable to gout. It is most wholesome when made of a moderate strength. Strong Mocha coffee sometimes affords considerable relief in the paroxysm of spasmodic asthma. To make coffee, use the best Mocha. For eight cups, use nearly eight cups of water; put in coffee as much as you like, boil a minute, take off, and throw in a cup of cold water to throw the grounds to the bottom; in five minutes it will be very clear. Or beat one or two eggs, which mix with ground coffee to form a ball; nearly fill the pot with cold water, and having introduced the ball, simmer gently for half an hour. *Do not boil*, or you will destroy the aroma.

752. *Another Recipe.*—In making coffee the powder ought to be used freely. Weak coffee is very unpalatable. Cream much improves the flavour; when it cannot be had, *hot* milk should be added. Essence of coffee is generally good, and is most convenient when the beverage is required at a short notice.

753. *Another Recipe.*—Take four tablespoonsful of washed coffee-berries, and put them in the oven till well warmed through; then grind them. Put the coffee in the pot, pour in three cupsful of boiling water. The breakfastcup should be filled up with boiling milk.

754. *Coffee Milk.*—Boil a tablespoonful of ground coffee in a pint of milk for a quarter of an hour, and put in a little isinglass; clear it, boil a minute, throw in a little cold water to precipitate the grounds, then let it stand for a few minutes.

## CHOCOLATE.

755. *Chocolate* is more nourishing, more wholesome, and less heating than coffee. It is commonly made much too thick, and with too much milk, which renders it oppressive and drying to the stomach. It is far better when made with water, and rather thin, the milk being added to it when poured out in the same way that we add it to tea. In this form it is a light, nutritive and wholesome beverage, well adapted to the nervous, the delicate, and those of a costive habit of body. It is improper for the corpulent.

756. *Chocolate, To Make.*—Scrape up about quarter of a pound of the chocolate-cake into an enamel saucepan with a half-pint of water, and set it on the fire. Stir continually, with a wooden spoon, until it is rather thick; then work it very quickly with the spoon. Stir in a pint of boiling milk by degrees, and serve it. It takes ten or twelve minutes to cook.

## COCOA.

757. *Cocoa.*—This is, in fact, only a weak chocolate. It is a light, nutritious, and wholesome drink. There are various kinds of prepared cocoa, the directions for making which are usually given with the packages. Most persons prefer these to the trouble of preparing it for themselves. It is boiled in the same manner as chocolate in water or milk.

## DRINKS.

‘No drink is a friend till it shall prove a friend.’

758. The chief drink of Englishmen in India—in addition to ardent spirits—is, and has been, bitter beer. Bass and Allsopp have been household words, and ‘England’s national drink’ seems to be little in danger of going out of favour. It has been said by a satirist who visited India for the first time in 1874, that ‘if the English were driven out of their great Indian dependency, *the only* monument they would leave behind them would be gigantic masses of empty bottles of Bass and Allsopp’! Large breweries have since been established in India, in the hills at Masuri, Murree, Simla, Solon, Naini-Tál,

Ranikhet, and elsewhere, for the manufacture and production of this liquid, which is fast replacing Bass and Allsopp. The verdict, however, of the medical profession, at present, is hostile to the consumption of bitter beer in India. It is said, and probably with some truth, that it has wrought great mischief to the lives of British soldiers, and civilians, too, who unfortunately imbibe it in lavish profusion. It is reported that light French clarets are becoming more and more popular in the three Presidencies, also Lager-beer from Austria, Bavaria and Bohemia. There can be no doubt that for a hot climate, like India, *light* drinks would certainly be more conducive to health. There are some who assert that Lager-beer will eventually replace all our old favourite brands, as it is harmless in its effects, and is a refreshing and wholesome liquid. The moderate use of beer and wine is safe, and often highly beneficial to those who have passed the meridian of life ; but to young persons it is almost invariably pernicious. It would be more prudent to consume less of very strong and heady drinks, and follow the Continental usage, and that of the United States, by resorting more to good fruit-syrups and fruit-waters thoroughly well iced, taking care, however, never to drink these, or any cold water, lemonade, soda-water, or Shárbát, immediately after eating such fruits as the plantain, and musk, mash, and water-melons (Kharbúza, Phút, and Tarbúz), or similar cooling and watery fruits, as cholera or inflammatory pains may be the result. With a smaller consumption of beer, less of the 'auld kirk' (as our brother Scots lovingly term their national tippie), and with more of fruit-syrups and fruit-waters, we may reasonably anticipate increased health to our Anglo-Indian population.

#### STIMULATING AND PLEASANT DRINKS.

759. *Ale, Mulled*.—Place a pint of good ale or beer in a saucepan with a little grated nutmeg ; when it boils, take it off the fire and sweeten. Beat up two eggs and mix ; boil, and then add the egg to the hot ale, pouring backwards and forwards from one vessel to the other to prevent curdling. Rum or brandy may be added.

760. *Champagne-cup*.—To two ounces of powdered loaf-sugar put the juice and rind of one lemon, pared thin ; pour over these a large glass of dry sherry, and let it stand for an hour, then add one bottle of sparkling champagne, and one of soda-water,

a thin slice of fresh cucumber with the rind on, a sprig of mint, and cool with crushed ice.

761. *Claret-cup*.—One quart bottle of claret, one pint bottle of champagne, half-pint best sherry, two lemons, sliced, quarter-pound loaf-sugar dissolved in one cup of cold water ; let the sugar, water, and sliced lemons steep together for half an hour before adding the rest of the ingredients ; shake all well together in a very large pitcher twenty or thirty times, and make up with pounded or crushed ice when you are ready to use it. There is no better recipe for the famous claret-cup than this.

762. *Another*.—One quart bottle claret, one bottle of soda-water, about half a pound of crushed ice, four tablespoonsful of powdered sugar, a quarter teaspoonful of grated nutmeg, one liqueur-glass of maraschino, and a sprig of mint. Put all the ingredients into a bowl, regulating the proportion of ice by the state of the weather ; if very warm, a larger quantity will be necessary.

763. *Delicious Cup (for Tennis, Polo, Rackets, or after a Hot Ride)*.—Into a big jug put one wineglass gin and bitters, quarter-gill ginger-syrup, a slice of cucumber, and a block of ice ; then pour in, simultaneously, two bottles of fresh lemonade that have been iced in an ice-box, and one quart bottle of Lager-beer ; serve in thin tumblers. This is a drink that, if the correct brand of beer be used, will make you forget all care.

764. *Gin Cocktail*.—One glass of gin (brandy or whisky may be used instead, if preferred), one teaspoonful of bitters, and one teaspoonful of pounded loaf-sugar ; mix thoroughly by pouring from one tumbler into another. In the hot weather crushed ice may be added.

765. *Gin Sling*.—Put some fresh sprigs of mint, half a glass of curaçoa or maraschino, and one glass of gin into a tumbler, fill up with crushed ice, and drink through a straw.

766. *Sherry Cobbler*.—Put into a tumbler a glass and a half of sherry, half a glass of curaçoa, a teaspoonful of raspberry-syrup, a few thin slices of orange-peel, a teaspoonful of sugar, and fill the tumbler up with crushed ice. A slice of pineapple is a real improvement.

767. *Milk Punch*.—Take the peel of sixty fresh limes, soak them for twenty-four hours in one bottle of rum (in a soup-tureen well covered). The juice of the limes is to be squeezed out after peeling them, and one quart bottle kept for use. After the peel has been allowed to soak the prescribed time, the rum, with the lime-peel, is to be poured off into a large Degchá, and five bottles more rum are then to be added, with a bottle of lime-juice, and two and a half seers of white sugar; then boil five seers of good milk, and pour it into the other ingredients, and mix well, with ground spices to taste. Let it stand till quite cool, then strain all through a piece of double flannel. It should be of a nice canary colour. It will make twelve bottles.

768. *Rum Milk-punch*.—One cup of milk fresh and warm from the cow, one tablespoonful of good Shahjahanpúr\* rum, one egg, whipped light, with a little sugar and a little nutmeg; pour the rum upon the egg and sugar, stir for a moment, and add the milk; strain and drink. It will be found a useful stimulant for consumptives, and should be taken before breakfast.

769. *Rum Shrub*.—Take equal quantities of orange-juice and good Shahjahanpúr rum sugar, with some of the orange-seeds bruised; add no water; mix all together, ice, and drink.

770.—*Brandy Shrub (Excellent)*.—Take two quart bottles of brandy, the juice of half a dozen lemons, and the peel of one only; jar off, and let stand for four or five days; next add half a seer of fine white sugar, half a grated nutmeg, with a bottle of madeira or sherry; stir well together and strain through a flannel bag.

771. '*Scotland's National Drink*'—*Scotch (or Irish) Whisky Punch—Best Way of Making*.—Whisky, when taken moderately, is the safest of all stimulants. Half fill a tumbler with boiling water, but pour cautiously, to prevent the too sudden expansion of the glass. Let the water remain a few minutes to heat the tumbler thoroughly, and then empty it. Put loaf-sugar, according to taste, in the heated tumbler with three or four spoonsful of boiling water. (A slice of lemon may be added if preferred.) When the sugar is melted pour in half a wine-

\* Messrs. Carew and Co. have a large sugar refinery and rum distillery in Shahjahanpúr, a district in the Rohilkhand division of the North-Western Provinces.

glass of whisky, and stir with a spoon or ladle. Add as much water as you desire, and put in the other half-glass of whisky. Mix thoroughly, and take in small quantities, as it is a beverage and not a drink.

772. *Ginger Cordial*.—Take the rind of thirty Kagzi limes, quarter-chittack each of pounded cinnamon and cloves, two chittacks of grated nutmeg, and nine chittacks of pounded dry ginger. These should be steeped in two bottles of good Shahjahanpúr rum for five days ; then add five quarts of rum, three quarts of water, one quart of lime-juice, and six and a half seers of sugar with two seers of boiling milk. After mixing well, let it stand for a few hours, then strain through a thick piece of flannel, bottle and drink.

773. *Mulled Wine*.—Boil some spice in a little water till the flavour is gained, then add an equal quantity of port, some sugar and nutmeg ; boil together, and serve with toast.

774. *Ginger Wine*.—The ingredients are : six seers of pounded loaf-sugar, six ounces powdered ginger, with six gallons of water ; boil these for an hour. Whisk the whites of half a dozen eggs to mix with the liquor ; when cold, put into a barrel, and add six lemons, cut into slices, and a cupful of yeast (Khamír). Ferment three days, and then bung the barrel. In eight days, bottle. It is improved by adding a pint of brandy.

775. *Orange Wine*.—To twelve seers of pounded loaf-sugar, take ten gallons of water ; take also the whites of half a dozen eggs, beat up, and mix when the water is cold ; then boil an hour, skimming well. Next take about fifty of the best oranges (the Calcutta 'Comlá-Nimbú' are the best), pare, and put them into a tub and pour the liquor on boiling hot. When cold enough, add three or four spoonsful of good yeast (Khamír) with the juice of the oranges, and half an ounce of cochineal (Kírm-dáná), beaten fine, and boiled in a pint of wine ; stir all well together. Ferment four or five days, and in six weeks bottle for use, keeping meanwhile in a cask.

776. *Wine Whey*.—Put half a pint of milk over the fire, sweeten it to taste, and when boiling throw in a wineglass of sherry. As soon as the curd forms, strain the whey through a fine piece of muslin into a tumbler. It will take five minutes only to prepare.



## NON-INTOXICATING AND REFRESHING BEVERAGES.

777. *Apple Syrup*.—Take a seer of good ripe apples, pare and slice them ; place in a jar with about half a pint of water and half a seer of sugar ; place the jar in a pan of water, and boil two or three hours. When cold, flavour with lemon and cinnamon according to taste. Place in bottles for use.

778. *Mocha (or Mecca) Coffee Syrup*.—With a quarter-seer, or half-pound, of good Mocha coffee make a pint of clear coffee ; melt three-quarters of a seer, or one and half pounds, of loaf-sugar in a preserving-pan, and add the coffee to it. Boil together for a few minutes, and when cool bottle for use.

779. *Lemon Syrup*.—Take half an ounce of the oil of lemons, five ounces of spirits of wine, with ten pounds, or five seers, of the best white sugar, four ounces of tartaric acid, and four and a half quart bottles of water ; mix the lemon-oil and spirits of wine with the sugar first, and dissolve the whole by the aid of gentle heat. Bottle when cold.

780. *Another Recipe*.—Oil of lemon one ounce, or two table-spoonsful, ten ounces of spirits of wine, ten seers, or twenty pounds, of the best white sugar, and eight ounces of citric acid, with ten imperial pints (twenty ounces each) of water.

781. *Lemon Syrup*.—Put a seer of sugar to each pint of juice, and none of the peel ; boil for ten minutes, then strain and cork. It makes a fine beverage diluted, and is useful also in flavouring puddings.

782. *Vanilla Syrup*.—This is a favourite confection. It is the fruit—rather, a sheath-like pod—of a tropical orchid. The syrup is made thus : Take half a seer of pounded loaf-sugar and boil in an enamel saucepan till it gets a nice golden-brown colour ; add a pint of warm water, two pods of vanilla, with another half-seer of loaf-sugar ; boil and stir well together (taking care to use a wooden spoon, or Chamchá), until the syrup is thick enough to cling to the spoon. Bottle when cold.

783. *Lemonade*.—Take the rinds of half a dozen lemons, pared off without any of the white, and the juice and pulp of eight, being careful to remove all the pips, which would, if left in, make the lemonade bitter. Pour two quarts of boiling

water on the lemons and peel, and add a quarter-seer of pounded loaf-sugar; cover over until cold, then strain through a thin muslin.

784. *Raspberry Vinegar*.—In the absence of fruit the imported jam can be used to make this beverage. Take three pints of good white-wine vinegar, add to it six pounds, or three seers, of jam, with a seer of pounded loaf-sugar; mix well together, and allow it to stand for a few hours; then pour off the vinegar, and rain until all the liquid has been drained. Do not press it, or it will thicken the vinegar. Then boil—in an enamel pan—for about ten minutes; when cool, strain, and it is fit for use. A tablespoonful of this vinegar, with a lump of ice and a little soda-water, makes a most refreshing drink on a warm day. If either strawberry, black or red currant vinegar be desired, these can be made in the same way as raspberry vinegar. In the hills—at Simla, Muree, Darjeeling, and Masuri—where English fruits are grown, it is best to employ the *ripe* fruit obtainable, instead of imported jams.

785. *Ginger-beer*.—To five gallons of water add five ounces of lemon or lime juice, two and a half seers of good white sugar, six ounces of bruised ginger, and four ounces of honey. Boil the bruised ginger in a gallon of water for about thirty minutes, then add the remaining water and other ingredients, and boil for another thirty minutes; then strain. When cold, add the white of an egg and a teaspoonful of the essence of lemons, allow it to ferment, and after three days bottle off.

786. *Ginger-beer*.—To three-quarters of a seer of treacle or molasses (Gúr) take one and a half gallons of water, one ounce of ground dried ginger, and a lemon, if preferred. Boil, and then add yeast, or Khámir.

787. *Ginger-pop*.—This is made by adding strong ale to the ginger-beer ingredients, and fermenting.

788. *Fruit Waters*.—Take any fruit that is to be had in season, crush well, and to each pound, or half-seer, of fruit add one pint of cold water, stir well with a wooden spoon, again crushing the fruit, then strain through a muslin cloth, pressing the juice well out; add sugar to taste, and boil the liquor till it is clear. These fruit-waters are not intended for keeping, and should be

made the same day as they are required for use. Half a glass of fruit-water and half a glass of soda-water make a very nice beverage. The pomegranate (Anár), pineapple (Annínás), purple-berry (Jáman), tamarind (Imlí), lemon (Khattá Nibú), lime (Kagzi-Limbú), wampee (Ámpeach), Bale, Phálsá, orange (Suntráh or Nárangí), strawberry, raspberry, cherry, and goose-berry, all make delicious hot-weather drinks. With a little more sugar added they make excellent water-ices.

789. *Apple Water*.—Cut four large apples in slices, and pour upon them a quart of boiling water; let them remain for two or three hours, and then strain, and sweeten according to your palate. Put in a little lemon-juice, and drink with crushed ice added.

790. *Bale Shárbát*.—This is a most delicious drink, and often answers as a slight aperient if well diluted. Scoop out the inside of a ripe Bale—commonly called wood-apple—and with the addition of a little water and the aid of a spoon to mash it, squeeze it through a piece of muslin; the liquid can then be sweetened. The preserve made out of this fruit has a contrary effect, and is frequently taken to check diarrhœa.

791. *Veal Shárbát*.—Wash a good knuckle of veal, put it to boil in nine pints of water; let it boil until reduced to two pints. Run it through a flannel bag, and when nearly cold add to it two pints of clarified syrup and a pint and a half of clear lemon-juice; mix well, and serve. It will be found very nutritious as well as pleasant.

792. *Strawberry Shárbát*.—Take half a seer of strawberry jam (in the absence of the fruit) and add to it three pints of water; pour this into a basin with two (Kagzi) limes sliced, and let it stand for two hours. Put half a seer of pounded and sifted loaf-sugar into another basin, cover it with a cloth, through which pour the strawberry juice. When the sugar has dissolved, strain again. If preferred, add a wineglassful of brandy and crushed ice, or place in the ice-box, and then drink.

793. *Ice Waters*.—Rub some pounded sugar upon lemon or orange to give the colour and flavour, then squeeze the juice of either, add water and sugar to make a fine Shárbát, then strain, add crushed ice, or put in the ice-box before drinking.

794. *Syrups*.—What is known as simple syrup is prepared by boiling two seers of sugar in a pint of water till the sugar is dissolved, after which allow it to cool ; the scum should be taken away, and the syrup poured off and kept for use.

795. *Syrups*.—The following is a French recipe for making syrups : Take two pounds, or one seer, of loaf-sugar to one pound, or half a seer, of *any* kind of fruit-juice ; melt the sugar, and let it boil, taking care it does not burn or colour ; add the fruit-juice, and let both syrup and juice boil a few minutes. When cool, put in thoroughly dried bottles, cork and seal.

796. *To Purify Lime-juice*.—To a quart of strained lime-juice add an ounce of well-burnt and finely-powdered animal charcoal. In twelve hours filter it through blotting-paper, and put it into small phials, cork these tightly, and keep them in a cool place. A thick crust will form beneath the corks, and the mucilage will fall to the bottom.

797. *To Preserve Lime-juice*.—Squeeze and strain a pint of lime-juice. Put into a basin one pound of double-refined sugar, finely pounded and sifted ; add the lime-juice, and stir it with a silver or wooden spoon till the sugar is perfectly dissolved. Bottle it and cork it tight ; seal the cork or tie a bladder over it, and keep it in a dry, cool place.

#### BRANDY FRUITS.

798. *Cherry Brandy*.—Take thirty-six pounds of cherries, half red and half black ; squeeze them with the hands, and add one gallon and a half of brandy. Let them infuse twenty-four hours ; then put the bruised cherries and liquor into a canvas bag, a little at a time, and press as long as it will run. Sweeten with fine sugar, and let it stand a month. Bottle off, putting loaf-sugar into every bottle.

799. *Another Recipe*.—To every pound of red cherries add half a pound black cherries, three bruised bitter almonds, one pound of loaf-sugar, and a pint and a half of brandy. Put all into a jar ; let it stand two months. Then bottle for use.

800. *Another Recipe*.—To every gallon of brandy put four pounds of red cherries, two pounds of black, one quart of rasp-

berries, a few cloves, a stick of cinnamon, and a little orange-peel. Closely stop for a month in a barrel ; then bottle off.

801. *Grapes in Brandy*.—Take close bunches of grapes, not too ripe ; put them into a jar with four ounces of sugar-candy, and fill up the jar with brandy. Tie close with bladder.

802. *Apricots or Peaches in Brandy*.—Put the fruit into a pot that shuts very close. Add a quarter of the weight of the fruit in sugar, and cover the fruit and sugar with brandy. Between the fruit and cover of the top put a piece of double-cap paper. Set the pot into a saucepan of water till the brandy is quite hot ; then put the fruit into a jar and pour the brandy on it. When cold, tie over it a bladder very closely.

803. *Prunes in Cherry Brandy*.—Take a jar of the best French plums, and a bottle of good cherry brandy ; take out a few plums, and pour as much cherry brandy into the jar as the plums will admit ; add more the next day, and so on for a day or two. Then cork it down for a fortnight or three weeks, and serve at dessert.

804. *Orange Brandy*.—Pare thin eight oranges, and steep the peels in a quart of brandy forty-eight hours in a close pitcher ; then take three pints of water, three-quarters of a pound of loaf-sugar. Boil until reduced to half the quantity ; let it cool, and then mix with brandy. Leave it for fourteen days, and then bottle it.

805. *Lemon Brandy*.—Put to three quarts of water two quarts of brandy ; add two pounds of fine sugar and three pints of milk. Pare twelve lemons thin, steep the peel in the brandy twelve hours, and squeeze the lemons upon the sugar ; then add the water to it, and mix all the ingredients together. Pour the milk in boiling. Let it stand for twenty-four hours ; then strain and bottle.

#### CHEESE RELISHES (MAZADÁR PANÍR).

806. *Welsh Rarebit*.—Cut two ounces of cheese into thin slices, and place before the fire or in the oven, in a saucer or tin, in which a tablespoonful of ale has been previously placed ; let it remain there till the cheese is melted. Toast the bread and lay it on a hot dish, and pour the melted cheese over it, taking care

that the bread is well covered. Sprinkle lightly with pepper and salt, and a little mustard, and serve hot.

807. *Another Recipe*.—Take a slice of bread, and toast it brown on both sides ; lay it on a plate, and pour over it a glass of port wine ; then cut some cheese thin and lay it thick over the bread ; put it before the fire to brown. Serve it hot.

808. *Macaroni Cheese*.—Take four ounces of macaroni and break into lengths of about a couple of inches ; wash, and then boil it in broth or milk, with a little salt, till tender. Grate finely four ounces of Parmesan cheese, add to it the yolks of two eggs, well beaten, with two spoonsful of cream, and a little of the broth or milk the macaroni has been boiled in ; put the macaroni in a buttered dish, pour over it the cheese-custard, and bake lightly in a quick oven.

809. *Stewed Cheese*.—Cut some of the best cheese very thin, lay it in a toaster, set it before the fire, pour a glass of ale over it, let it stand till it is like a light custard. Serve on toast, hot.

810. *Siwaiyá-Pantr*.—Butter a silver dish, arrange some boiled macaroni on it with plenty of grated cheese, some powdered pepper and liquefied butter ; cover the top with cheese, and put over all a sprinkling of fine baked breadcrumbs ; place the dish in the oven, just long enough to heat the contents thoroughly, brown the top, and serve.

811. *Another Recipe*.—Boil some macaroni in water, with an onion stuck with cloves ; dress it in a saucepan on the fire, with gravy of stewed veal or beef, a piece of butter, pepper, salt and nutmeg, a glass of wine, a tomato cut in pieces, and plenty of grated cheese. Place on the fire a little while, and serve.

812. *Fried Ramequins*.—Put into a stewpan a quarter of a pound of rich cheese, sliced thin, and two ounces of butter. Shake the pan round till they are melted and mixed ; beat to a froth the whites of three eggs ; put into a frying-pan small squares of bread on buttered paper ; pour the mixture upon the pieces of bread, lay them in butter for a few minutes, drain them on a napkin, brown slightly, and serve hot.

813. *Ramequins with Anchovy*.—Put into a stewpan a quarter of a pound of grated mild rich cheese, a quarter of a pound of butter, an anchovy cut very small, and a glass of white wine. As it simmers, stir in two tablespoonsful of flour, or as much as will form a paste ; then transfer the paste to a pan, and beat up with it as many beaten eggs as the paste will imbibe, without becoming too thin ; mould into the form of small eggs, brush over with egg, and bake a quarter of an hour to a golden brown.

814. *Cheese Straws*.—Take a quarter of a pound of grated Parmesan cheese, and the same quantity each of flour and butter, and a little salt and cayenne. Mix these together with an egg. Roll out the paste about half an inch thick, and cut into strips about three inches long and half an inch broad. Bake in a moderate oven, and serve piled on a napkin, hot.

815. *Stewed Cheese and Onions*.—Skin two Patna onions, and boil them till soft enough to be mashed to a pulp ; then throw off any remaining water, add a quarter of a pound of cheese, either cut into thin slices or grated, and two ounces of butter ; place the saucepan over the fire, and stir the contents for two or three minutes. Serve in a hot dish, garnished with sippets of toasted bread.

816. *Pakáyá-Panítr*.—Mix with two chittacks of grated cheese, a dessertspoonful of flour, two chittacks of melted butter, two tablespoonsful of cream, and two well-beaten eggs ; stir all well together, and bake in small tins. A little cayenne pepper can be added.

817. *Mock Crab*.—Cut a large slice of cheese rather thin, but of good size round, mash up with a fork to a paste, and mix with vinegar, mustard and pepper. It has a great flavour of crab.

818. *Cheese Sandwiches*.—Take three parts of cheese, one part of butter, one part each of ham and veal, two eggs, a little salt, pepper and mustard ; powder well in a mortar, and make into sandwiches.

#### COOKERY FOR INVALIDS.

819. *An Excellent Restorative*.—Take two calf's-feet and put them in a jar with two pints of water and two pints of new milk ; closely cover, and bake for about three hours and a half ; leave

it to get cold, then carefully remove all the fat, and add a little sugar, if liked. Take a large teacupful the first thing in the morning and the last thing at night.

820. *Another*.—Take a seer of lean veal, and two chittacks of pearl-barley, boiled in about two pints of water till it can be pressed through a sieve. It should be of about the thickness of cream ; add a little salt, and take it as a broth.

821. *Calves'-feet Broth*.—Boil in six pints of water two calves'-feet, until the water is reduced to half the quantity, strain, and set aside for use ; when required, remove the fat, put a large teacupful of jelly into a saucepan, add half a glass of wine and a little nutmeg and sugar ; heat till nearly boiling, then with a little of it beat up the yolk of an egg, add a little butter, and stir all together, without allowing it to come to a boil. A little lemon-peel grated into it is a great improvement.

822. *Calves'-feet Broth*.—Put into three quarts of water two calves'-feet, a quarter of a pound of lean veal, the same quantity of beef, the bottom of a small loaf, a little mace and salt ; boil down to three pints, strain, and remove the fat. When required for use, put a cupful of the jelly into a saucepan with a glass of sweet wine, and a little sugar and nutmeg ; make it quite hot, beat into it an egg, a bit of butter, and a little grated lemon-peel, and mix well.

823. *Chicken Broth*.—Cut a chicken into small pieces, take off the skin, and remove the fat, put it into about two pints of water, with a bit of mace, a slice of onion, and a few white peppercorns ; simmer slowly till the flavour be good. Beat a quarter of an ounce of sweet almonds with a little water, add it to the broth, strain, and when cold remove the fat.

824. *A Strong Broth*.—Take half a seer of veal, half a seer of beef, and half a seer of scrag-end of a neck of mutton, a little salt, and six pints of water ; boil the above, adding a few whole peppers, for about four hours, or until reduced to one quart.

825. *A Nourishing Soup*.—Put into a quart of water a seer of lean veal or beef, and two chittacks of pearl-barley ; simmer gently till it becomes the consistency of good cream, flavour with a little fresh celery, or celery-seed, and salt ; strain and serve.



826. *Very Strong Beef-tea*.—Cut a seer of good lean beef into small square dice, put it into a jar without water, cover closely, and stand it in the oven for three or four hours, till all the gravy is extracted from the meat, then mix with boiling water to the strength required.

827. *Ordinary Beef-tea*.—Scrape or cut very fine half a seer of lean beef, and put it into a jar with a pint and a half of water, then toast a piece of bread and put it with the meat. Stew in a hot oven for twenty minutes. The beef should be a fine steak, and all the fat and skin carefully removed before scraping it.

828. *Chicken Jelly*.—Put a large chicken into a Degchá, or saucepan, with four pints of water, one large onion, one blade of mace, one teaspoonful of salt ; boil till reduced to three pints, then strain and leave till next day, then carefully take off the fat ; beat well together the whites of six eggs, half an ounce of isinglass, and the juice of one or two lemons, and boil till the scum rises to the top. Let it stand a few minutes, then strain through a jelly-bag.

829. *Silver Jelly*.—Boil a set of calf's-feet in four quarts of water, with an ounce of isinglass, until the feet are done to rags, and the water wasted to half the quantity ; strain, and when cold remove the feet and the jelly carefully from the sediment. Put the jelly into a stewpan with a pound of loaf-sugar, the juice of six limes, and the peel of two ; add a pint of the best gin. When the flavour is thoroughly drawn from the lemon-peel, put in the whites of six eggs, well beaten, and their shells broken up ; place over the fire and boil for twenty minutes ; do not stir it after the egg has been added. Dip a jelly-bag into hot water and squeeze it dry, run the jelly through it several times until quite clear, and then pour into a mould.

830. *Port-wine Jelly*.—Put an ounce of isinglass and an ounce of sugar into a quarter of a pint of water. Set over the fire till the isinglass is dissolved, then add a quarter of a pint of wine. Strain through a jelly-bag or a clean piece of muslin, into a jar or mould, and let it set. If required to drink hot, put a teaspoonful of melted isinglass to a wineglass of port wine, adding a clove and a lump of sugar, and make it hot.

831. *Arrowroot Jelly*.—Put into a Degchá half a pint of water, a glass of sherry, a little fine sugar and grated nutmeg ;

when boiling, mix in gradually a dessertspoonful of arrowroot rubbed smooth in a tablespoonful of cold water. Boil all together for three minutes, and pour into glasses or small cups. This jelly can be flavoured with the juice of any fruit in season, or with orange or lemon juice.

832. *Gloucester Jelly*.—Take an ounce of powdered rice, an ounce of pearl-barley, an ounce of sago, an ounce of isinglass, and an ounce of hartshorn shavings. Simmer in three pints of water till reduced to one pint; strain it.

833. *Arrowroot*.—Mix a dessertspoonful of the very best arrowroot with a little cold water, till quite smooth. Boil half a pint of milk, pour it on the arrowroot, *while boiling*, stirring all the time. Add a lump or two of sugar and a little lemon-peel, or a spoonful of brandy or wine.

834. *Gruel*.—Mix very smooth two tablespoonsful of oatmeal in a little water, and add gradually to it three-quarters of a pint; add a little lemon-peel and half a blade of mace; set it over the fire for a quarter of an hour, stirring constantly. Strain, and add sugar to taste.

835. *Barley Gruel*.—Well wash two ounces of pearl-barley; put into three pints and a half of boiling water, and let it boil till reduced to half the quantity; then strain for use.

836. *Sago Gruel*.—Soak the sago in a pint of water for two hours. Then boil for fifteen minutes, stirring well. Sweeten and flavour, then add a glass of sherry.

837. *Mulled Egg*.—Well beat the yolk of a fresh egg in a cup, add a little milk, or cream, and sugar, then pour into it as much tea or coffee as will fill the cup, stirring well at the same time to prevent the egg from curdling. This makes a good breakfast for an invalid.

838. *Egg Draught*.—Beat up the yolk of a new-laid egg and mix it up in a quarter of a pint of warm new milk, grate a little nutmeg into the mixture, and add a spoonful of rose-water.

839. *Egg Flip*.—Beat up four or five new-laid eggs, omitting two of the whites; add three ounces of fine sugar, mix well with the eggs; pour in boiling water, half a pint at a time, and when the pitcher is nearly full throw in two glasses of brandy and one of Shahjahanpúr rum.

## DRINKS FOR INVALIDS.

840. *Toast Water*.—Toast carefully a thick slice from a stale loaf until it is deep-brown all over, but not blackened or burnt ; lay it in the bottom of a jug with a thin slice of lemon-peel, fill the jug with boiling water, and let it stand till cold.

841. *Milk Whey*.—Put a small piece of rennet in a cup of hot water and let it stand for four or five hours. Then pour the water into two quarts of new milk, and when the curd appears, strain the whole through a hair sieve into a jug. The whey may be given either cold or lukewarm, as the patient prefers.

842. *White Wine Whey*.—Set over the fire half a pint of new milk, and while boiling pour into it two glasses of wine. When the curd, which will soon form, falls to the bottom of the saucepan, the whey can be strained carefully off.

843. *Lemon Whey*.—Pour a tablespoonful of lime-juice into boiling milk.

844. *Apple Water*.—Slice some apples, cover them with boiling water, putting in a little sugar and lemon-peel.

845. *Lemon Water*.—Cut two or three slices of lemon, and put them with some lump-sugar into a jug ; pour in a pint of boiling water, and cover closely for two or three hours. This makes a very agreeable drink for a feverish patient.

846. *Barley Water*.—Boil two ounces of pearl-barley in some water to extract the colouring, throw that water away and put the barley into a jug ; pour some boiling water over it and let it stand for a short time. Peel a lemon thin, pour some boiling water over it, add a little sugar, and mix it with the barley water, adding the lemon-juice.

847. *Lemonade Milk*.—Pour over six or eight ounces of loaf-sugar a pint of boiling water, add a quarter of a pint of lemon-juice, half the quantity of good sherry wine, with a tablespoonful of brandy to keep it. Then add three-quarters of a pint of cold milk, and strain the whole.

848. *Wine Posset*.—Take a quart of new milk and the crumb of a small loaf, and boil together till soft, then take off the fire, and add the half of a nutmeg, grated, and sugar to taste. Put the whole into a china bowl, and add a pint of Lisbon wine, stirred in a little at a time, to prevent the curd being tough and hard. When cold, serve with toast and butter.

## FRUIT-EATING.

849. The man who values his health at all will make it a point to eat fruit daily. One cause why wholesome fruits are given a bad name is because they are eaten at the wrong time, or before they are properly ripe. The best plan is to make a meal of bread and ripe fruit. The bread should be dry and the fruit ripe. Dry brown bread is found to cleanse the tongue, and brings out the flavour of the fruit. 'Nothing,' says one doctor, 'can do so much to make people independent of the profession as the daily use of fruit,' having noticed that those families in which fruit was regularly consumed seldom needed his services. To those who have put the system to the test, there is no need of aperients or pills of any kind, from a medicinal point of view, fruit being the most pleasant and effective laxative known. Fruit not only purges the system, cleansing it from impurities of every kind, but its effect upon the mind is the same.

## USEFUL HOUSEHOLD RECIPES.

'A handful of common sense is worth a bushel of learning.'

850. *Aërated Waters*.—They should have their corks kept damp, and be placed *cork downwards*.

851. *To Clean Alabaster*.—Soap well, and wash with hot water. If stained, apply fuller's-earth, pipe-clay, or whiting for three or four hours, then wash off. If very dirty and stained, it can be first washed with aqua fortis, diluted with water.

852. *To Clean Marble*.—Take equal quantities of soft-soap and pearl-ash, and put it on the marble with a soft flannel, leave it for a few minutes, then wash it off with warm water; rinse well with cold water.

853. *To Take Rust out of Steel*.—Well rub the steel with some sweet-oil, leave it for forty-eight hours, and then rub with some finely-powdered unslacked lime.

854. *To Polish Brass Articles*.—First clean as far as possible by scrubbing with a brush in water, then soak them for some hours in aqua fortis and water. The acid eats away the outer coat, leaving a bright surface beneath. The articles should now be put into hot sawdust, and shaken about to dry and clean them, when they are ready to be lacquered. Lacquer is made of seed-lac in spirits of wine, with some colouring matter, such

as dragon's blood, gamboge, or turmeric, according to the colour required. The articles should be warmed and then painted with the lacquer laid on with a fine camel's-hair brush. The articles should then be warmed again, or put out in a bright sun.

855. *To Clean Silver Bangles (a Pársi's Recipe).*—Boil some tamarind in water; while boiling put in the bangles for a minute, then take out, wipe, and brush.

856. *To Remove Spots of Paint.*—Apply spirits of turpentine to the spot, and after a while rub the cloth as if washing, and the paint will crumble off; if not successful, apply the turpentine again.

857. *To Remove the Smell of New Paint.*—Sprinkle some hay, or dried grass, with a little chloride of lime, and leave for a couple of hours in a closed room; or vessels of water placed in a newly-painted room will remove the smell.

858. *To Efface Grease-spots from Silk.*—Keep a firm hold of the silk to prevent it being creased; then rub the spot briskly with an old cambric handkerchief, change the positions of the handkerchief frequently, and in a minute or two the spot will quite disappear.

859. *To Remove Treacle-stains.*—Sponge with clean cold water, and then keep damping the stains over a clean cloth, constantly shifting the cloth beneath. After the stain is removed, iron with a cool iron.

860. *To Remove Stains from Woollen Dresses.*—Dilute some ammonia and rub a little over the soiled parts, placing a towel underneath the dress during the process.

861. *To Renovate Old Manuscripts.*—Wash them lightly with a solution of ferrocyanide of potassium in clean water.

862. *To Remove Grease from Books.*—Dip a camel's-hair pencil in some spirits of turpentine and moisten the spot with it; when dry, moisten it with a little spirits of wine, which will effectually remove any stain the turpentine may have left.

863. *To Detect Copper in Pickles or Tea.*—Into a glass put a portion of the pickles or the tea; add a little liquid ammonia, with nearly as much water; stir well, and if the liquid become blue it indicates the presence of copper.

864. *To Keep Eggs Fresh.*—Rub them all over with some butter when taken from the nest, and they will keep fresh for two or three months in a cool place.

865. *To Wash Flannels.*—Wash the flannels in hot water, with a good lather of brown soap. They will not only retain their colour, but always remain as soft as new.

866. *To Make Marking-ink.*—Mix together one pint of the juice of sloes and half an ounce of gum. This will make an indelible durable ink for marking linen.

867. *Native Marking-ink.*—The acrid juice between the outer and inner shell of the cassia (Kasiá) nut, if written with on linen, will stain a dark-brown. The milky juice of the tree will answer the same purpose. The natives also use the juice of the marking-nut (the Betarvine). The part of the cloth to be written on is first covered with rather a thick paste of Chunam and then rubbed off, after which the juice contained in the cells of the nut is used as ink.

868. *To Remove Marking-ink from Linen.*—Apply iodine to the spots, and then take out the stain of iodine with bisulphate of soda.

869. *To Remove Hairs and Threads from a Carpet.*—A wash-leather dipped in cold water and wrung out rubbed over the surface will remove hairs, threads, and dust, and will brighten up the carpet.

870. *Pudding-cloths* should never be washed with soap.

871. *An Oyster-shell* put into a tea-kettle will prevent its becoming furred.

872. *To Dry Parsley and other Herbs.*—They should be picked clean from all decayed leaves. Put them into a sieve, cover with blotting-paper, and expose to the sun, or in a very slow oven, turning them often ; the quicker they are dried, the better. All dried herbs should be kept from the air in paper bags.

873. *Sugar.*—At certain times of the year, in some parts of India, sugar will be found to harden into a mass, which it is almost impossible to separate, or to remove in spoonsful. To remedy this, place a small Bygun (the fruit of the egg-plant) in

the mouth of the Borá containing the sugar ; this will be found to keep the sugar fit for use, and perfectly free from any imperfections.

874. *Fried Cucumber* added to soups greatly improves them. They should be fried in slices.

875. *A Good Substitute for Cream*.—The white of an egg, beaten to a froth with a very little butter, is a good substitute for cream in tea or coffee.

876. *The Earthy Mould* should never be washed from potatoes, carrots, or other roots until immediately before they are cooked.

877. *A Cheap Water-filter*.—A cheap and effectual filter can be easily made by means of a common flower-pot. All that is necessary is to fill the hole with a piece of sponge, and place in the pot alternate layers of sand, charcoal, and small pebbles ; then place the flower-pot on a jar or other convenient vessel, into which the water as it filters through can be received.

878. *Foul Air in Wells*.—To remove the gas before a descent is made into a well, throw down a quantity of burned, but unslacked, lime. This, when it comes in contact with whatever water is below, sets free a great amount of heat in the water and lime, which rushes upward, carrying all the deleterious gases with it, after which descent may be made with safety. The lime also absorbs the carbonic acid in the well.

879. *To Loosen the Stoppers of Bottles*.—Place the neck of the bottle for a few minutes in strong vinegar, and then put in warm water for a short time ; this should loosen the stopper, however firm.

880. *To Loosen Glass Stoppers*.—Drop a little hot oil round the stopper and place near the fire, but not close enough to crack. In about half an hour apply more oil, and then gently try to work it about, beating it occasionally against the soft part of your hand, or gently strike it with a very light wooden instrument.

881. *To Clean Glasses*.—Sifted fuller's-earth is excellent for cleaning glasses. It restores the *lustre of glass*.

882. *To Clean Glass Globes*.—If much stained by smoke, soak in warm water, with a little soda dissolved in it ; then put a

teaspoonful of powdered ammonia into a pan of lukewarm water, and wash with a tolerably hard brush till the smoke-stains disappear ; rinse in clean cold water, and let them drain till dry ; they will be as white and clear as new globes.

883. *To Wash Wine Decanters.*—Soak the decanters for some hours in warm soda and water ; if there is much cutting on the outside, use a brush to remove the dirt and stains from the crevices. Cut a potato into small dice, put a good handful of these into the decanter, with some warm water, shake briskly till the stains disappear ; rinse in clean cold water, and let them drain till dry. Vinegar and sauce cruets can be cleaned in the same way.

884. *To Clean Sponges.*—Steep the sponge in butter-milk for two or three hours, or longer, then squeeze it out, and wash in cold water. Lime-juice is also excellent for cleaning sponges.

885. *To Clean Gilt Frames.*—Take a pint of water that has had three or four onions boiled in it, and, after having carefully washed the frame, dab it with a piece of soft muslin (do not rub it). This will leave a good polish on the gilt.

886. *Ants (Chintí).*—These insects can easily be got rid of by care and attention. Dip a large sponge in water, and wring it almost dry ; sprinkle moist sugar into the holes of the sponge, and put it in the cupboard. The sponge will speedily become full of ants. Throw the sponge into boiling water to destroy the insects, and then replace it with more sugar.

887. *To Keep Ants (Chintí) away from Sugar and Sweets.*—At some seasons of the year the common black ants are a great nuisance, and nothing in the way of sweets escapes them. Place a very small piece of camphor (Kápúr) in paper, and keep it on the top of the bag (Thailí or Borá), dish, or plate containing the sugar or sweets. No ants will approach.

888. *To Destroy Cockroaches (Tilchattá).*—Mix breadcrumbs, sugar, and corrosive sublimate, and place it near their haunts ; or powdered phosphorus, oatmeal, and sugar will be found a sure remedy. Some people have found a mixture of sugar, laudanum, and water to be very effectual.

889. *Mosquito (Machchhar) Bites.*—To allay the irritation, wet the part either with eau-de-Cologne, sal volatile, lime-juice,



salt and water, or a solution of opium and water ; if ulceration has taken place, a poultice may be necessary. Olive-oil is very useful as an external application.

890. *Bites of Gnats (Machchhar) and Flies (Makkhi).*—Lemon-juice will be found excellent in allaying the irritation caused by these insects.

891. *To Preserve Woollen Cloths from Insects.*—Brush well before laying them away, and fold amongst them small bags of dried Neem leaves, peppercorns, camphor, and a bitter apple. Furs should be well dusted with powdered black pepper.

892. *Armenian Cement.*—Soak some isinglass in water until it is quite soft, then dissolve it in rectified spirit ; in two ounces of this dissolve ten grains of gum-galbanum or gum-ammoniac ; add five or six large tears of mastich, reduced to a liquid state by rectified spirit. Keep the cement closely stoppered, and when required for use melt it by putting the bottle in warm water.

893. *A Good Cement.*—Beat up quickly, with the white of an egg, some slacked quick-lime, and use immediately. This cement will resist the action of boiling water.

894. *Cement for Bicycle or Tricycle Tyres.*—Take two parts of common black pitch (Rál), one part of gutta-percha ; melt, and stir well together, then run into moulds ; heat the hollow part of the circumference of the wheels, apply the above preparation all round it, and then fix the tyres.

895. *Polish for Furniture.*—Grate into a new earthen vessel a quarter of an ounce of white soap, pour over it a pint of water, and hold it over the fire till the soap is dissolved ; then add three ounces of bees'-wax and half an ounce of white wax cut into small pieces. As soon as the whole is incorporated it is fit for use. When used, clean the furniture well ; dip a bit of flannel in the varnish when warm, and rub it on the furniture ; let it stand a quarter of an hour, then apply a hard brush in all directions, and finish with a bit of clean dry flannel.

896. *To Cure Corns.*—Soak a piece of soft cloth in turpentine and wrap round the part affected.

897. *To Cure Corns and Warts.*—Apply soft brown paper moistened with spittle. A few dressings will remove them.

898. *To Cure Warts*.—Rub them daily with a radish ; or they can be cured by daily touching the top of the wart with the pure tincture of rhus toxicodendron (poison-oak, sumach).

899. *To Cure Chilblains*.—Bathe the parts affected in the water in which potatoes have been boiled, as hot as can be borne.

900. *To Cure Hiccough*.—A lump of loaf-sugar will instantly stop the most troublesome hiccough.

901. *To Remove Scurf and Curl the Hair*.—Beat up the yolk of an egg in a pint of clear soft water ; apply it to the hair in a warm state, and then wash the hair with warm water.

902. *Hair Wash*.—Boil one pound of rosemary in two quarts of water ; filter through blotting-paper ; then add one ounce of spirit of lavender and a quarter of an ounce of Naples soap or salt of tartar.

903. *Another*.—Mix well together half an ounce of glycerine, half an ounce of spirit of rosemary, and five ounces of water. It should be used night and morning.

904. *Tooth Powder*.—Pound very fine some common close-grained charcoal, sift through muslin, and add a little salt.

905. *Another*.—Roast the betel-nut (Supári) until it has become charcoal, then grind it up fine, and add some salt.

906. *Perfumed Powder for Boxes and Drawers*.—Mix together one ounce each of the following : Orris-powder, coriander, cloves, cinnamon, rose-leaves, lavender-flowers, camphor, and a quarter of an ounce of musk. Put into small bags for use.

907. *Toilet Vinegar*.—Half a pint of bordeaux, or of the best white-wine vinegar ; half a pint of pale rum ; essence of bergamot, rosemary, and marjoram, a drachm each ; and one pint of rose or elder-flower water. Mix the perfumes with the spirit, then add the vinegar, and, lastly, the rose-water. If not perfectly bright, it can be strained through blotting-paper.

908. *Lotion for the Head and Face*.—Add a teaspoonful of good vinegar to a wineglassful of rose-water. This makes an excellent lotion for pains in the head and face.

## HINTS FOR TOURISTS AND EXCURSIONISTS TO AND FROM INDIA.

FOR the benefit and convenience of those tourists and visitors who proceed to and from India—for the *first* time—either for business, health, or pleasure, it is desirable here to mention a few of the principal hotels, etc., where the travelling public would be sure to find first-class accommodation, and where every attention is paid to the comfort of visitors, combined with a moderate tariff.

At Calcutta, in Bengal, pre-eminently is the Great Eastern Hotel Co., and Spence's, in Wellesley Place; and among the numerous private boarding establishments, for comfort, cleanliness, and careful attention, is Mrs. Walters', in Russell Street; Mrs. Macdonald's, Chowringhee; also Mrs. Scott's—so well known, too—at No. 13, Sudder Street, near the Wesleyan Church.

At Madras is the well-known Elphinstone Hotel; and at Bombay the far-famed Watson's; Great Western; and Hamilton's in Mazagon; and among the private establishments is Mrs. Merrett's 'Waverley.'

At Allahabad the Great Eastern Hotel Co. has a branch, but Mrs. C. E. Laurie's—Great Northern—is *the* hotel to which preference is given, and where every requisite for Indian, colonial, and foreign outfits is obtainable. Mrs. Hathaway's is *the* establishment for drapery, millinery, etc.; and J. L. Lyell and Co.—the best of all Mofussil chemists and general merchants—can, at a moment's notice, provide almost anything in the way of household requirements, provisions, stores, wines, etc. At Agra, 'Laurie's,' again, is *the* hotel. At Delhi, the Civil and Military Hotel, and the Northbrook; and at Simla is Mrs. Laurie's Great Northern again. At Mussoorie, among the many are Mr. Grant Scott's Himalaya Hotel, so beautifully situated; and Fitch and Co. for provisions, wines, etc. At Naini-Tál, Morrison and Co. are the chief among provision and general merchants.

To those visiting London, there is—among the many to select from—the Charing Cross Hotel, near Trafalgar Square, which is central. For those requiring a good lunch or dinner in the City, none could name or select a better place than Read's, which is celebrated; it is in Cheapside, opposite Bennett's clock.

Those visiting Dublin will find every accommodation, at moderate charges, at Jury's Hotel, College Green.

The hotels and places where the compiler found every comfort, and sumptuous fares, while travelling in England, Scotland, and the Channel Isles, were: The Cockburn Hotel in Edinburgh (adjoining the Waverley Station); the Victoria Temperance Hotel, Oban; the Victoria again, at Inverness. The Royal Hotel at Matlock Bath, in Derbyshire, and the Gorton, on the Hyde Road, at Manchester, near the new Belle Vue station, on the Midland Railway. In the Isle of Wight, at Ryde, the Royal Esplanade Hotel; at Blackgang Chine, 'The Spa,' under the direct supervision of Dr. William H. Hall (son of the late Dr. F. W. Hall, of Allahabad); and the Esplanade Hotel, facing Ventnor Pier; also Mrs. Gempton's furnished apartments, at 21, Saumarez Street, Guernsey, which has a good sea-view.

Always avail of Thos. Cook and Son's Tourist agency; it is the cheapest and best in the long-run. They provide hotel coupons, etc., and thus the traveller is certain of not being overcharged or imposed upon. Excursions conducted by them are always well managed. All places of interest are taken on the way, luggage is well looked after, trains arranged for, cab and 'bus fares paid, and even the local guides at castles, etc., are paid their authorized 'tips.' Without such aid, expenses of this kind would soon run up, and time, and perhaps luggage, frequently be lost.

The writer records these facts from personal experience. It is but just to mention the facts as they were found, as also the names of those establishments which have contributed *so* largely to the termination of a happy, well-spent furlough in England.

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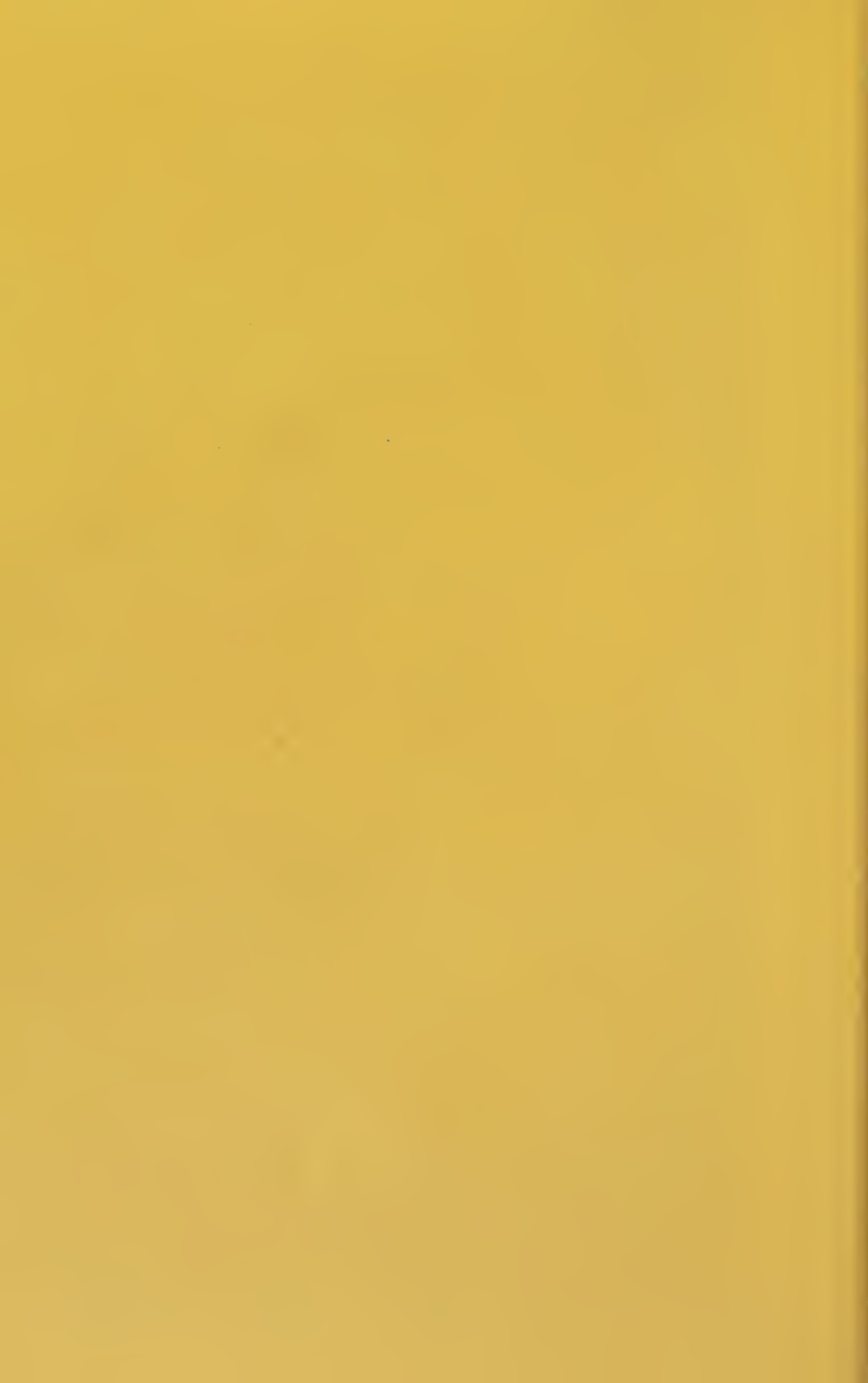
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