

EIGHTEEN CENTURY RECIPES

Taken from John Moore's copy of William Augustus Henderson's *The Housekeeper's Instructor; or, Universal Family Cook*. Printed and sold in London, England.

Boeuf a la Vinaigrette

Cut a slice about three inches thick from a pound of beef, with a very little fat. Stew it in water, and a glass of white wine, seasoned with salt, pepper, cloves, a bunch of sweet herbs, and a bay leaf. Let it boil till the liquor (is almost consumed, and when it is cold, serve it up.

Chickens in Savory Jelly

Take two chickens, and roast them. Boil some calf's feet to a strong jelly, then take out the feet, and skim off the fat. (Would suggest using Knox' gelatin). Beat up the whites of three eggs, and mix them with half a pint of white wine vinegar, the juice of three lemons, a blade or two of mace, a few pepper-corns, and a little salt. Put them to your jelly, and when it has boiled five or six minutes, strain it several times through a jelly bag till it is very clear. Then put a little in the bottom of a bowl large enough to hold your chickens, and when they are cold, and the jelly set, lay, them in with their breasts down. Then fill your bowl quite full with the rest of your jelly, which you must take care to keep from setting so that when you pour it into your bowl it will not break. Let it stand all night, and the next day put your bowl into warm water, pretty near the top. As soon as you find it loose in the bowl, lay your dish over it, and turn it out whole.

Pickled Red Cabbage

Slice your cabbage crossways, then put it on an earthen dish, and let it stand twenty-four hours. Then put it into a cullender to drain, and lay it in your jar. Take a sufficient quantity of white wine vinegar to cover it, a few cloves, a little mace, and allspice. Put them in whole, with a little red coloring. Then boil it up, and pour it either hot or cold upon your cabbage. If the former, let it stand till cold, and then tie it down for use.

Common Biscuits

Beat eight eggs well up together, and mix with them a pound of sifted sugar with the rind of a lemon grated. Whisk it about till it looks light, and then put in a pound of flour, with a little rose water. Sugar them over and bake them in tins, or on papers.

Lemon Cakes

Take the whites of ten eggs, put to them three spoonsful of rose or orangeflower water, and beat them an hour with a whisk. Then put in a pound of beaten and sifted sugar, and grate into it the rind of a lemon. When it is well mixed put in the juice of half a lemon, and the yolks of ten eggs beat smooth. Just before you put it into the oven, stir in three quarters of a pound of flour, butter your pan, put it into a moderate oven, and an hour will bake it, (Would suggest adding some baking powder.)

Cherry - Plum - or Gooseberry Pie

Having made a good crust, lay a little of it round the sides of your wish, and strew sugar at the bottom. Then lay in your fruit, and some sugar at the top. Put on your lid (top crust I guess) and bake it in a slack oven. If you mix some currants with the cherries it will be a considerable addition. A Plum or Gooseberry pie may be made in the same manner.