

**COOK BOOK.  
FIRST VOLUME**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649556021

Cook Book. First Volume by Debbie Coleman

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.  
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

[www.triestepublishing.com](http://www.triestepublishing.com)

**DEBBIE COLEMAN**

**COOK BOOK.  
FIRST VOLUME**



# COOK BOOK

First Volume

---

DEBBIE COLEMAN

July 16th, 1855

---

A teacup is estimated to contain about 4 fluid ounces or 1 gill.  
 A wineglass is estimated to contain about 2 fluid ounces or  $\frac{1}{2}$  gill.  
 A tablespoon is estimated to contain about  $\frac{1}{2}$  a fluid ounce.  
 A teaspoon is estimated to contain about a fluid drachm.  
 A gill is equal to 2 wineglasses.

The wine, brandy and rose water in *cakes* must be put in before the eggs, and in puddings after the eggs.

16 ozs. = 1 lb.	2 pts. = 1 qt.	4 pecks = 1 bushel
8 ozs. = $\frac{1}{2}$ lb.	4 qts. = 1 gal.	3 bushel . . . .
4 gills = 1 pt.		

---

### TO MAKE LARD AND TALLOW CANDLES

The following method of making the above named candles is described in the *New England Farmer* by a correspondent: "I kept both tallow and lard candles through the last summer, the lard candles standing the heat best, and burning quite as well and giving as good light as tallow ones. Directions for making good candles from lard: For 12 lbs. of lard, take 1 lb. of saltpetre and 1 lb. alum; mix and pulverize them; dissolve the saltpetre and alum in a gill of boiling water; pour the compound into the lard before it is quite all melted; stir the whole until it boils, and skim off what rises; let it simmer until the water is all boiled out, or till it ceases to throw off steam; pour off the lard as soon as it is done, and clean the boiler while it is hot. If the candles are to be run, you may commence immediately; if to be dipped, let the lard cool first to a cake, and then treat it as you would tallow."

### A VERY USEFUL RECEIPT

In order to keep fish fresh, draw the fish and remove the gill; then insert a piece of charcoal in their mouths, and two or three pieces in their bellies. If they are to be conveyed any distance, wrap each fish separately in paper and place them in a box. Fish thus preserved will keep fresh several days.

### TO MAKE WHITE CURRANT WINE

One quart of currant juice, two quarts of water, three pounds of white sugar; mix well together, let it stand twenty-four hours, then skim it well, then put it . . . and let it remain six weeks corked . . . , bottle it.

### RECEIPE FOR TOMATO FIGS

Pour boiling water over the tomatoes in order to remove the skin; then weigh them and place them in a stone jar, with as

much sugar as you have tomatoes, and let them stand two days; then pour off the syrup, and boil and skim it until no scum arises. Then pour it over the tomatoes, and let them stand two days as before; then boil and skim again. After the third time they are fit to dry, if the weather is good; if not, let them stand in the syrup until drying weather. Then place on large earthen plates or dishes, and put them in the sun to dry, which will take about a week; after which pack them down in small wooden boxes, with fine white sugar between every layer. Tomatoes prepared in this manner will keep for years.

### TO PAPER PRESERVES

Cut white papers exactly the size of the top of the jars you wish to cover. Put the white of an egg into a large saucer, not beating the egg. Moisten the papers, one at a time, with the white of egg, and then lay it upon the preserves; do it so carefully as to exclude all air from under the paper, and press the edge close to the jar all round. It will adhere firmly; and the egg converts the paper into a tough, leathery material, impervious to air. One egg will paper as much preserves as usually is boiled at once.

### CANDIED ORANGE OR LEMON PEEL

Boil the rind from thick skin oranges or lemons in plenty of water, until they are tender, and the bitterness is out; change the water once or twice if necessary. Clarify half a pound of sugar with half a cup of water for each pound of peel; when it is clear put in the peels, cover them, and boil them until clear and the syrup is almost a candy; then take them out, and lay them on inverted sieves to dry; boil the syrup with additional sugar, then put in the peels, stir them about until the sugar candies around them; then take them on a sieve and set them into a warm . . . perfectly dry, put . . . tissue paper between . . .

A correspondent of the Michigan Farmer gives the following recipe for making APPLE JELLY:

"Take apples of the best quality and good flavor (not sweet) cut them into quarters or slices and stew them till soft; then strain out the juice, being very careful not to let any of the pulp go through the strainer. Boil it to the consistency of molasses, then weigh it and add as many pounds of crushed sugar, stirring it constantly till the sugar is dissolved. Add one ounce of extract of lemon to every twenty pounds of jelly, and when cold, set it away in close jars. It will keep good for years. Those who have not made jelly in this way will do well to try it; they will find it superior to currant jelly."

## SOUPS

### CLEAR GRAVY SOUP

Cut  $\frac{1}{2}$  lb. ham into three slices and lay them at the bottom of a large stew pan with two or three lbs. of juicy beef and as much veal. Break the bones and lay them in the meat. Take two turnips and the outer skins of two large onions. Cut in pieces two carrots and 2 heads of celery. Add 3 cloves and a large blade of mace. Cover the stew pan closely and set it over a quick fire. When the meat begins to stick to the bottom of the pan, turn it and when there is a nice brown gravy, cover the meat with water. When it comes nearly to a boil, pour in  $\frac{1}{2}$  pint of cold water, take off the scum and then pour in  $\frac{1}{2}$  pint more and continue doing so until no scum rises. Set it on the side of the fire to boil gently for 4 hours, strain it through a cloth into a stew pan and leave until cold. Then remove the fat entirely. When you pour it off do not disturb the settlings nor squeeze the meat. The broth should be a clear amber color and perfectly clear. If not quite clear beat the whites of two eggs and let the soup boil briskly while you stir them in. Place it by the fire to settle, and in ten minutes run it through a cloth and it is ready for use. If the broth be well skimmed, it will be clear without clarifying.

Mrs. Fox

### PEPPER POT

One pair of calves feet, a stomach of a cow or calf, a knuckle of veal, 8 or ten large potatoes cut in pieces, a double handful of spinach cut pretty fine, parsley, thyme, 2 onions, dumplings, red pepper and salt. Boil the ingredients in a small bucket of water for 2 hours. Chicken and a piece of veal will answer in place of the feet and stomach.

### SNAP TURTLE SOUP

Kill the turtle the night before and hang it up by the tail. Next day, dip it in boiling water and then scrape it well and until the legs are white. Cut it up and put shell and all into the pot with leeks, thyme, mace, cloves and nutmeg and boil it. If it boil too long the meat will rise in shreds to the top of the pot. Put yams or potatoes in the soup. Put in the parsley last lest it turn sour by too much boiling. Make balls of veal, suet, cloves and onions and fry them and put them into the tureen before you pour in the soup. Boil two eggs hard and cut up the yolks and put them into the soup unless there are turtle eggs. Thicken with butter fried in a frying pan and dust in some flour to brown it.

Mrs. H. Roberts



### OKRA SOUP

Wash the okra and slice them and put them into boiling water with two or three sliced onions, a few tomatoes, parsley, thyme and some fowl, beef and veal. Let it boil gently two hours. Add gradually the seasoning to which a green pepper is an excellent addition. Lima beans and sweet potatoes add to the flavor. Add less than a pound of parboiled salt pork and after boiling another hour, it will be done. By epicures it is eaten cold in the evening.

Mrs. Chas. Huhne

### OKRA SOUP

30 okras, 6 tomatoes, 2 onions, 1 qt. shelled lima beans, 2 gallons of water, thyme, parsley, a small piece of ham and pepper and salt. Boil until all the vegetables can be mashed through a colander. After this process return the soup into the pot and boil it until as thick as you like it.

Miss Fox Champlost

### GREEN PEA SOUP

2 quarts of green peas, some spinach, onions, parsley, thyme, pepper and salt, and a little Chervil to be put in when boiling. When quite soft, strain through a sieve and reserve the water to make the soup a proper thickness. Add a pint of young peas and two anchovies and boil until the peas are done. Then add a piece of butter rolled in flour, give it a boil up and then serve.

### GREEN PEA SOUP

Put two quarts of shelled peas in as little water as will boil them. When very soft mash them through a sieve or fine colander into the water in which they were boiled. Set this on the fire with salt and pepper to your taste and a very slight flavoring of a fresh onion. Add 3 pts. of new milk and let it boil again. Stir in a piece of butter rolled in flour and serve immediately.

### CALVES HEAD SOUP

Parboil the head with the liver and heart. Then take out the bones and cut the meat into small pieces. Mix with it onions, parsley, thyme, sweet marjoram, cloves, nutmeg and black and red pepper. Make a layer of the meat and strew over it a handful of the above ingredients and so on until all is in the pot. Pour over it a sufficient quantity of the water in which the head was boiled, to make a rich soup, reserving the rest to add if necessary. Rub a piece of butter in some flour and stir it in and lastly as

you are pouring it into the tureen, add a pint of wine. Stir it frequently to prevent its burning. It should be put on early and boil well.

N. B. A small piece of ham improves all soup and should be strained before serving.

#### CALVES HEAD SOUP

Put on your head and a knuckle of veal. When the former is half done, take it out to dress for a dish. Then put in onions, parsley, sweet marjoram, thyme, cloves, a little nutmeg and black and red pepper and salt to suit your taste. Rub a piece of butter with some browned flour and stir it in, and just as it is ready to serve, add  $\frac{1}{2}$  pint of wine. Have with it force meat balls and some eggs cut up after being boiled hard. You may also add a little grated carrot.

#### CALVES FEET SOUP

One gallon of water to 2 sets of feet. Boil them slowly until all the meat has dropped from the bones. Then strain it and set it away until the next day. Next day strain all the fat off and put the jelly into your pot with  $\frac{1}{2}$  lb. of grated cocoanut mixed with a pint of cream. Vermicelli or macaroni will do as well. It needs to boil but a short time. Season with mace.

Mrs. Brown

#### OYSTER SOUP

To 50 oysters take a quart of milk or cream. Season them with Cayenne pepper, mace and a little salt. Also add a little butter rolled in flour. 15 or 20 minutes is long enough to boil it.

#### OYSTER SOUP

Take half a hundred oysters. Take them out of their liquor and wash them in warm water. Put them into  $\frac{1}{2}$  pint of their liquor strained with 2 whole onions and  $\frac{1}{2}$  a teaspoonful of ground mace, Cayenne pepper and salt to your taste. Boil slowly for  $\frac{1}{4}$  of an hour and then add 1 pt. cream and 1 qt. of milk and let it boil up. Tie up a bunch of parsley, and sweet marjoram and lay it in the tureen and pour the soup upon it. H. More

#### OYSTER SOUP

Cut the meat off a knuckle of veal and put a good sized lump of butter into the pot and add the meat and bones and dust them well with flour and let them brown. Put in the quantity of water required for soup (allowing for  $\frac{1}{2}$  boiling away), 2 pota-

toes, 1 onion, 1 bunch of thyme, sweet marjoram and basil and put in one hour before dinner. About  $\frac{1}{4}$  of an hour before serving, take it off and run it through a sieve, and then pour into the liquid 20 or 25 fine oysters with their liquor. Add pepper and salt to your taste, then give it a boil up and then serve. If you choose you can lay the herbs in a bunch at the bottom of the tureen and pour the soup upon them. Miss Mary Lippincott

### BEEF SOUP

Take the shin and put it into the pot and fill it with cold water. Let it simmer for 12 hours adding boiling water as it decreases, and skimming it well. Add two whole carrots, 2 turnips, 2 onions, a handful of whole black pepper and a handful of salt and 10 allspice. Strain it and then put it in a cold place. When quite stiff, skim off the fat and take as much as you require for soup. Add vermicelli and a little celery or any favorite flavor. To brown it take a teaspoonful of brown sugar scorched on a tin plate. Pour a little soup upon it and empty all together into the rest of the soup. Mrs. Coleman

### TURTLE SOUP

After the turtle is cleaned and the gall and sand bag, and heart taken out, cut it up into small pieces. Boil it until quite tender and then season the soup with Cayenne and black pepper, cloves, mace, allspice, nutmeg, sweet marjoram, celery salt, etc., to your taste. Have 3 lbs. of veal chopped fine and 2 lbs. of suet, to make some balls and season them the same as the soup. Slip the balls into 3 eggs beaten a little and then flour them well and fry them in butter. After taking them out, put some flour in the pan and 2 or 3 spoonful of soup, stirring it well all the time. Then pour it all in the soup and add a small tumblerfull of wine.

### SNAPPER SOUP

The turtle being ready prepared, (suppose one weighing about 10 lbs.) Put the shells into 3 gallons water with a knuckle of veal or a set of calves feet, 4 or 5 onions, and a bunch of parsley 7 hours before dinner. Let it boil until everything is extracted and then strain through a colander. Put the liquor (by this time reduced to two gallons) into another vessel with such pieces of veal as you can pick out of the liquor. Put in the turtle and par-boil it until tender, and then take it out and lay it upon a dish. Then mix together some ground allspice, cloves, a little mace,