

THE KINGSWOOD COOKERY BOOK

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649434039

The Kingswood Cookery Book by H. F. Wicken

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COOKERY BOOK**

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BY
H. F. WICKEN

LONDON: CHAPMAN AND HALL
LIMITED
1885

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PREFACE.

IN sending this little book out into the world, I must apologise for adding one more to the vast number which have already been published. I have written it with great pleasure, at the request of many ladies who have attended my demonstrations. I have tried to make all my instructions and recipes as plain and simple as possible, so that the youngest student cannot fail to understand them.

The art of good cooking (if I may call it so) is so absolutely necessary to the comfort and well-being of all classes of the community, that I think its value cannot be over-estimated. A dinner well cooked promotes digestion, and conduces to contentment and happiness. I hope that the day is not far distant when cookery will form an important item in the education of our girls. The pleasure and gratification (to say nothing of the utility) of being able to place on the table a dinner prepared and cooked, if necessary, by her own hands, is so great, that no English woman can realise, unless she has experienced it, and having once felt it would, I am sure, be willing to give up a small portion of her time to acquire a knowledge which would prove so pleasant and profitable to herself and her household. Cooking can be accomplished with so much

ease and dexterity, if a few simple rules are mastered at the commencement ; it is astonishing how quickly food can be prepared, when a method and rule are established. I would advise students to give up guessing, and weigh everything ; by doing this the exact proportion is obtained : guessing is always unsatisfactory, and the different ingredients are almost sure to be out of proportion. If a thing is worth doing at all, it is surely worth doing well. I would urge my readers not to attempt too much at first, begin with a few simple dishes, and if they do not turn out well the first time, make them over again ; a satisfactory result will soon be obtained. The recipes I have given have all been well tested ; they are simple and inexpensive of their kind : it is easy to make them richer by adding more eggs and milk or cream, as the case may be. I have striven to give dishes which may prove useful to give variety (which is a great charm to our daily table). I will close these few remarks with the earnest wish, that what I have written may prove useful and beneficial to the Women of England, to whom I dedicate my book.

KINGSWOOD.

January 20th, 1885.

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SOUPS AND PURÉES.

The first subject that I wish to speak to you on is Soups and Purées. I do not think in ordinary English households that importance enough is attached to soup as a food. In the winter time a plateful of warm soup stimulates the digestion, and is quite an appetiser for the dinner; and in summer time, even in very hot weather, one would scarcely believe until one had tried it, how refreshing a plateful of soup just warm is, when one feels quite exhausted by the heat. Now in an ordinary way expensive soups are not necessary, and when two or three joints are had in the course of the week, soup sufficient for three or four persons every day may be had without buying any soup meat. Bones contain a large quantity of gelatine; long boiling only will extract this. A stock-pot is absolutely necessary; this should be placed on in the morning (I need hardly say perfectly clean). The bones broken up of all joints, with the trimmings and pieces of gristle, should be put into this saucepan and well covered with water; one or two onions stuck with cloves, some peppercorns, a carrot and turnip and some salt. This should be allowed to boil several hours. It may be strained and stood by for use the next day; when the fat has been well removed you have the foundation of