

**CATHERINE OWEN'S  
NEW COOK BOOK**

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Catherine Owen's new cook book by Catherine Owen

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PART I.  
CULTURE AND COOKING  
OR, ART IN THE KITCHEN

PART II.  
PRACTICAL RECIPES

BY  
CATHERINE OWEN

(Mrs. Nisch)

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CALIFORNIA

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## PREFACE TO NEW EDITION.

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IN the first part of this book I endeavored to help inexperienced housekeepers in the difficulties they find in using even the best recipes without some knowledge of cooking. In response, however, to a general demand for more recipes in "Culture and Cooking," I have prepared a second part to be used in conjunction with it. In this addition, I have tried, not so much to give a great many recipes, as to give the best I know of each kind, all tested by myself, and to give them so minutely that they will be easily practiced. Where there are many ways of cooking one thing I have given two recipes, the finest I know, and one more simple.

I have tried to avoid repeating in this second part of the book, the information contained in the first, except in the one or two instances where I have thought repetition of a rule may have the effect of successive blows of the hammer on a nail—drive it home.

THE AUTHOR.



## PREFACE.

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THIS is not a cookery book. It makes no attempt to replace a good one ; it is rather an effort to fill up the gap between you and your household oracle, whether she be one of those exasperating old friends who maddened our mother with their vagueness, or the newer and better lights of our own generation, the latest and best of all being a lady as well known for her novels as for her works on domestic economy—one more proof, if proof were needed, of the truth I endeavor to set forth—if somewhat tediously forgive me—in this little book : that cooking and cultivation are by no means antagonistic. Who does not remember with affectionate admiration Charlotte Brontë taking the eyes out of the potatoes stealthily, for fear of hurting the feelings of her purblind old servant ; or Margaret Fuller shelling peas ?

The chief difficulty, I fancy, with women trying recipes is, that they fail and know not why they fail, and so become discouraged, and this is where I hope to step in. But although this is not a cookery book, insomuch as it does not deal chiefly with recipes, I shall yet give a few ; but only when they are, or I believe



them to be, better than those in general use, or good things little known, or supposed to belong to the domain of a French *chef*, of which I have introduced a good many. Should I succeed in making things that were obscure before clear to a few women, I shall be as proud as was Mme. de Genlis when she boasts in her Memoirs that she has taught six new dishes to a German housewife. Six new dishes ! When Brillat-Savarin says : "He who has invented *one* new dish has done more for the pleasure of mankind than he who has discovered a star."

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