

FOOD AND FEEDING

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Food and feeding by Sir Henry Thompson

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SIR HENRY THOMPSON

**FOOD AND
FEEDING**

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BY

SIR HENRY THOMPSON,

F.R.C.S., M.B. LOND., &c.

With an Appendix.

SIXTH EDITION.

PARTIALLY RE-WRITTEN AND CONSIDERABLY ENLARGED.



LONDON AND NEW YORK:
FREDERICK WARNE AND CO.
1891.

PREFACE

TO THE SIXTH EDITION.

DURING the last few years several large editions of this little book have been called for, and much new matter was added to one or two of them. A Sixth Edition being now required, I feel that the time has come to revise the work thoroughly. The art of cooking has, like other arts, been sedulously cultivated, and has advanced, more perhaps in relation to the wants of the middle and working classes, than in the department generally understood as *la haute cuisine*. Moreover, the selection and the service of food are certainly far better understood now, than they were fourteen or fifteen years ago, when the first edition appeared.

A considerable part of the work, therefore, has been re-written. A new Chapter on Fish has been introduced. Considerable additions have been made in describing the methods of practical cookery, and in explaining the principles which determine them.

New subjects also have been treated in the Appendix which could not be included in the Text, besides Notes illustrative of the latter.

I venture to hope that the numerous elementary hints relating to the very wide subject of Food and Feeding which have been brought together here may prove useful, and tend to promote the public taste for one of the most important and interesting branches of study, demanded by the necessities of life and of social intercourse.

35, WIMPOLE STREET,
February, 1891.

CONTENTS.

CHAPTER I.

	PAGE
Importance of the proper selection and preparation of food—Improper feeding common among all classes, and at all periods of life—Constituents necessary to nourish the human body, repair loss, and perform labour—Comparison between animal food and vegetable food—Individual peculiarities	1

CHAPTER II.

Materials at man's command for food—Grain—Legumes—Tubers—Green vegetables—Fruits—Salt—Animal food—Flesh—Milk—Eggs—Fish—Reptiles—Man omnivorous; his food largely determined by circumstances—Food of the tropics—North Africa—Arabia—Italy—Spain—France—German Empire and Russia—The Arctic zone	14
--	----

CHAPTER III.

Food of the English peasant—Food of Englishmen generally too solid or stimulating—Regimen suited to the sedentary, and those who are advancing in years—Value of fish as an article of diet—Food for the sedentary—Of the leguminous plants, haricots and lentils—Of the value of fat in food—Whole meal of wheat; its employment for bread, and the circumstances which render it desirable—Rice, maize, macaroni, and potato	25
--	----

CHAPTER IV.

Milk, an example of a natural "complete" food—Its employment as food, almost universal—Essentially an animal	
--	--

	PAGE
food—Exceedingly susceptible of injury—Mode of distribution, a fertile source of disease—Milk epidemics of fever, &c.—Composition of milk—Value as a diet—Whey—Koumiss—Means to be adopted in order to secure the purity and wholesomeness of milk	52

CHAPTER V.

Food of the middle-class Englishman—Boiling—Principles of applying heat—High and low temperatures—The "Bain Marie"—Warren's cooking pot—Norwegian cooking apparatus—German process—Rev. W. M. Ede's plan—Atkinson's American oven—Roasting—Baking—Broiling—Braising, methods of—Stewing— <i>Beef à la mode</i> —Opposite principles in French and English cookery—Superiority of each in some particulars—Frying, and its action on materials of food—The omelette	62
--	----

CHAPTER VI.

Preparation of food continued—Soups— <i>Pot-au-feu</i> —The stock-pot— <i>Bouillon</i> — <i>Consommé</i> —Mode of producing endless variety—The foundations of all soups—Fish soups and stews—Vegetable soups—Garnishes—Cookery of vegetables à l'Anglaise and à la Française—Sauces—Macaroni—Best mode of preparing it for table—Rice: various modes of cooking—Cold meats—Aspic jelly and receipts—Salads	91
---	----

CHAPTER VII.

Fish, and its value as food—Constituents of flesh—Of wheaten bread—And of fish compared—Varieties of fish, and their distinctive characters as food—Preparation of fish for the table—Sauces—Salmon in perfection—Baking of fish—Roasting of fish—Boiling and Steaming—Fish Soups and Stews— <i>Bouillabaisse</i> —A working man's stew	120
---	-----

CHAPTER VIII.

The combination of dishes to form a meal—Three specific systems of arranging the daily meals—Characteristics of	
---	--