

**VEGETABLE COOKERY: INCLUDING
A COMPLETE SET OF RECIPES FOR
PASTRY, PRESERVING, PICKLING,
THE PREPARATION OF SAUCES,
SOUPS, BEVERAGES, ETC., ETC.**

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Vegetable Cookery: Including a Complete Set of Recipes for Pastry, Preserving, Pickling, the Preparation of Sauces, Soups, Beverages, Etc., Etc. by John Smith

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RECIPES FOR PASTRY, PRESERVING,
PICKLING, THE PREPARATION OF SAUCES,
SOUPS, BEVERAGES, ETC., ETC.

BY

JOHN SMITH,

Author of "Fruits and Farinacea."

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ADVERTISEMENT.

This volume meets a want long felt. Vegetables, fruits, etc., constitute the half of our daily food: the present work is upon the best possible preparation of this half. Cookery-books exist in abundance; but they relate almost exclusively to the preparation of dishes from animal food. Herein will be found full instructions for the proper cooking of vegetables, preserving and pickling, the preparation of sauces, soups, beverages, etc., etc., the work forming a complete treatise upon the subject. To thousands of the wealthy it will be a great boon, as showing them how to secure the choicest dishes; to other classes it will be of equal value, as affording the most economical dishes.

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INTRODUCTION.

In pursuance of the command, "Be fruitful, and multiply, and replenish the earth, and subdue it," mankind are rapidly extending their dominion over the whole habitable portion of the globe; they are denizens of every climate; and both land and ocean supply them with a dwelling-place. Their food must, consequently, be of a very varied character, and much of it would be unpalatable and indigestible without some artificial preparation. Hence has arisen the art of cookery, which has been carried to such excess by complicated processes, high seasoning, and heterogeneous compounds, as often to render the food injurious rather than wholesome. Instead of adhering to the simple diet of nature as closely as climate, the engagements of civic and social life, and other circumstances would permit, man seems to have been contriving how he could depart the farthest from it. We should, however, rather regard his present habits as the gradual and cumulative results of circumstances, before science and rational inquiry had any influence in directing them.

The more highly flavoured and the more stimulating man renders his food, for the purpose of pampering a vitiated palate, the greater variety and the more frequent changes will he require

to avoid disgust; whereas the simpler and more natural his diet, the more enjoyment and the sounder health will he possess.

All substances requiring the culinary art to develop or modify their nutritive properties, should be prepared with as strict a regard to organization and the physiological laws as possible. Each organ employed in the process of digestion has its peculiar function, and its integrity is best maintained, not by immunity from labour, but by regular exercise, with alternate periods of rest. If we attempt by artificial means to render the legitimate exercise of any organ unnecessary, we shall certainly impair or weaken its function; and this observation is as applicable to the internal organs as to the external limbs. No alimentary substance, therefore, should be cooked to such excess as to leave the organs little or nothing to do. Any article softened or diluted to such a degree as to render mastication unnecessary is injurious to the teeth; and the admixture of the saliva with the food, so essential to the digestion of all farinaceous substances, will, in a great measure, be prevented. Aliments thus prepared should, at any rate, be used sparingly, or along with other substances of greater consistency.

All food in a hot state, whether solid or liquid, should be carefully avoided, as it acts injuriously on the teeth, debilitates the stomach, and, through it, every other organ and portion of the animal system. Heat stimulates the nerves of taste, but, like most other stimulants, it weakens their power of appreciating the delicate flavours of the best and most wholesome articles of food, and renders our gustatory enjoyment much less complete.

In culinary preparations we should not aim to concentrate too highly the nutritive qualities of food, for this would certainly