

# **VALUABLE COOKING RECEIPTS**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649465798

Valuable Cooking Receipts by Thomas J. Murrey

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Edited by Trieste Publishing Pty Ltd.  
Cover @ 2017

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**THOMAS J. MURREY**

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BY

THOMAS J. MURREY

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"Now good digestion wait on appetite  
And health on both,"—SHAKESPEARE



NEW YORK  
WHITE, STOKES, & ALLEN

1885

## PREFACE.

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IN issuing this little volume the publisher is aware that the market is already deluged with "cook-books," both good and bad ; but the aim in this instance is to utilize the experience of a caterer, who has spent twenty-five years of his life in the service of leading hotels and restaurants all over the country, besides catering to the appetites of thousands of private families. The well-known and unsurpassed *cuisins* of the hotels where he has been employed would of itself form testimony conclusive of his culinary ability, but he possesses besides numerous flattering letters from private parties, many of high standing in the community. As a salad-maker his reputation is wide-spread, and his receipts under this head are numbered among the hundreds, any one of which is a masterpiece of epicurean art and taste. It is my intencion shortly to issue a book containing these receipts.

In writing receipts for this volume Mr. Murrey has kept economy constantly in mind, and has endeavored to present some of the most appetizing formulas in such a shape as to be within the reach of all families of moderate means. Each and every receipt has been personally tested and can be implicitly relied upon. The arrangement is that of a regular bill of fare or *ménu*. It will be understood, of course, that the contents of this book do not pretend to cover the field of cookery. Some idea of the magnitude of

such a task can be had when you are informed that Mr. Murrey possesses probably the largest library on gastronomic art in this country, numbering many thousand volumes. Like all men who have made this art a study, he has aimed to so construct his formulas as to ward off indigestion and dyspepsia. Apropos at this point is a story illustrating the philanthropy of that prince of French *chefs*, Carême. Meeting one day a woman bitterly weeping at the door of a wine-shop, his commiserating question was answered by saying her husband was within; all his earnings were spent there and his family left to starve. Close questioning revealed the fact that the culprit liked good living, and that the wife condemned him to boiled beef every day. "No man cares to go abroad," said Carême reproachfully, "for a bad meal, if his wife can cook him a good one, particularly if a silver-smith and earning money." Carême visited the house the next morning, and ordered a silver cup to be repaired, and, while waiting for its completion, offered to cook his own breakfast, which the man and wife shared. It was woodcock cooked in a way to electrify an Apicius. Carême called again for his cup with some wild duck. Meantime, the wife made rapid progress in the *chef's* art. The husband ceased wasting his money. The delicate fare improved his intellect; he became an artist in his trade, and finally one day Carême received a box containing a silver woodcock exquisitely carved, carrying in its beak a tiny silver cup, with the inscription, "To Carême, from a friend who was saved by good cooking."

THE PUBLISHER.

## VALUABLE COOKING RECEIPTS.

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### OYSTERS.

**Raw Oysters.**—Eat raw oysters as plain and as free from condiments as possible, and always on the deep shell in their own liquor. The average American orders a dozen on the half-shell and then drowns his pets in vinegar, pepper, salt, horse-radish, etc., washing them down with some malt beverage, pays his check, and disappears. The next day he goes through the same performance, and the not over-conscientious oyster-man, knowing his weakness for condiments, can easily palm off on him a "Rockaway Cull" for a Blue Point or a Green Point, or he may give him a "deep-water native" for almost any particular kind or brand he may want, and he cannot detect the difference in their flavor, owing to his excessive use of condiments. A little lemon-juice is all that is necessary, if you will not eat your saline dainties natural.

The heartless oyster-fiend who opens your oysters by *smashing* the shell should be avoided, for it is cruelty, to say the least. We can forgive him for spattering our clothing with shells, mud, and dirty water, but filling our mouths with these things is pure ugliness. Order a quart of the bivalves to be sent home, and this oyster-butcher endangers the health of your family should any of them swallow a particle of the shell. The true lover of an oyster should have some feeling for his little favorite, and patronize establishments only where they contrive to open them (Boston fashion) so dexterously that the mollusk is hardly conscious he has been removed from his lodging "till he feels the teeth of the piscivorous gourmet tickling him to death."



**Roast Oysters on half-shell.**—Open a dozen large oysters on deep shell; add a walnut of butter, with a little salt and mixed pepper (red and black) and a pinch of cracker-dust to each. Place them on a broiler over a sharp, clear fire until done, and serve.

Families not having all the conveniences for roasting oysters "restaurant fashion" will find the above receipt acceptable; though I must confess it is quite a treat to our Western cousins to ask them down into the kitchen of an evening, and serve up a peck of oysters roasted in the shell direct from the fire, with no other tool to pick them out of the coals than the old tongs the moment they pop open. You may possibly burn a finger or two, but what of that so long as the young folks have had a good time?

**Oysters escalloped.**—In a deep yellow dish place a layer of oysters and cover them with cracker-dust (add an ounce of butter to each layer of cracker-dust); pepper and salt to taste; another layer of oysters, another of cracker-dust, and so on until the dish is full. Moisten the dish with the juice of the oysters or hot water to prevent its burning, and bake a nice brown.

**Oyster Patties.**—Roll out some very light puff paste half an inch thick; stamp it in rounds with a cutter three inches in diameter; press a small cutter two inches in diameter on the middle of each to the depth of a quarter of an inch. Place the rounds on a buttered tin, baste them lightly with egg, and bake in a quick oven. When done take them out, remove the centre-piece, scoop out a little of the inside, and fill the shells with the prepared oysters.

Parboil twenty-five oysters in their own liquor; remove the oysters and season the liquid with lemon-peel, nutmeg, and pepper; strain, and thicken with a heaping tablespoonful of flour, one and a half ounces of butter, a wineglassful of rich cream; mix, and then add the oysters. Simmer all together a few minutes, fill the shells, and serve.

Scallops and clams cut up fine, with a sauce made on the same principle, make a very nice patty.

**Oyster toast.**—Select fifteen plump oysters; mince them, and season with mixed pepper and a pinch of nutmeg; beat the yolks of four eggs and mix them with half a pint of cream. Put the whole into a saucepan and set it over the fire to simmer till thick; stir it well, and do not let it boil lest it should curdle. Toast five pieces of bread and butter them; when your dish is near boiling-point remove it from the fire and pour it over the toast.

**Fried oysters.**—Beat up the yolks of four eggs with three tablespoonfuls of sweet oil, and season them with a teaspoonful of salt and a salt-spoonful of cayenne pepper; beat up thoroughly. Dry twelve fat oysters on a napkin; dip them in the egg-batter, then in cracker-dust; shake off the loose cracker-dust, dip them again in the egg-batter, and lastly roll them in fine *bread-crumbs*. Fry in very hot fat, using fat enough to cover them. The oil gives them a nice flavor. (Private receipt of a prominent Philadelphia caterer.)

**Broiled oysters.**—Rub the bars of a wire broiler with a little sweet butter. Dry twelve large, fat oysters and place them upon the broiler *plain*. Broil them over a clear fire, and when done on both sides send to table on a piece of buttered toast, with a little melted butter in a separate dish. Should you *hanker* after a delightful case of dyspepsia cover them with egg-batter and roll them in crumbs before broiling.

**Oysters a la Poulette.**—Blanch a dozen oysters in their own liquor; salt and remove the oysters; add a tablespoonful of butter, the juice of half a lemon, a gill of cream, and a teaspoonful of flour. Beat up the yolk of one egg while the sauce is simmering; add the egg, and simmer the whole until it thickens. Place the oysters on a hot dish, pour the sauce over them, sprinkle a little chopped parsley on top, and send to table. (This is a favorite dish of Hotel Brunswick *habitues* in New York.)

## SOUPS.

Sir Henry Thompson says "that soups, whether clear or thick, are far too lightly esteemed by most classes. They are too often regarded as the mere prelude to a meal, to be swallowed hastily or disregarded altogether." And the *Almanach des Gourmands* tells us that ten folio volumes would not contain the receipts of all the soups that have been invented in the Parisian kitchen alone.

**Soup Stock.**—In making soups from raw meats break the bones apart, place them in a pot, cover them with *cold water*, and boil slowly for five or six hours; add salt to quicken the rising of the scum, which should be thoroughly removed. Cut up three carrots, three turnips, two heads of celery, and two onions; add to the stock, together with six or eight cloves, a bouquet of herbs, and a teaspoonful of whole peppers; strain into a deep saucepan, and clarify with the white of egg. It will then be ready for an indefinite variety of soups.

**Veal Stock.**—Chop up three slices of bacon and two pounds of the neck of veal; place in a stew-pan with a pint of water or beef stock, and simmer half an hour; then add two quarts of stock, one onion, a carrot, a bouquet of herbs, four stalks of celery, half a teaspoonful of bruised whole peppers, and a pinch of nutmeg with a teaspoonful of salt; boil gently for two hours, removing the scum in the meantime. Strain into an earthen crock, and when cold remove the fat. A few bones of poultry added, with an additional quantity of water or stock, will improve it.

**Veal Broth.**—Stew a knuckle of veal in about three quarts of water; add two ounces of rice, a little salt, and a blade of mace; boil until the liquor is reduced one-half.

**Gumbo Soup.**—Cut up two chickens, two slices of ham, and two onions into dice; flour them, and fry the whole to a light brown; then fill the frying-pan with boiling water, stir it a few minutes, and turn the whole into a saucepan containing three quarts of boiling water; let it boil forty min-