

**USEFUL RECEIPTS: SIMPLE DIRECTIONS  
FOR PRACTICAL HOUSEKEEPERS,  
INCLUDING  
CONTRIBUTIONS OF SPECIAL DISHES  
FROM MANY SOURCES AND A FEW  
CHOICE RECEIPTS NOW LITTLE KNOWN**

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Useful Receipts: Simple Directions for Practical Housekeepers, including Contributions of Special Dishes from Many Sources and a Few Choice Receipts Now Little Known by Elizabeth Sluyter Ayres

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**ELIZABETH SLUYTER AYRES**

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# Useful Receipts.

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SIMPLE DIRECTIONS FOR PRACTICAL  
HOUSEKEEPERS,

INCLUDING

CONTRIBUTIONS OF SPECIAL DISHES FROM MANY SOURCES  
AND A FEW CHOICE RECEIPTS NOW  
LITTLE KNOWN,

BY

ELIZABETH SLUYTER AYRES.



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## • • Preface. • •

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THE RECEIPTS printed in this book have been thoroughly tested, and are believed to be expressed in simple and accurate terms, so that there can be little difficulty in putting them in successful practice. In all dishes, but more particularly in those which depend for the best results on the combination of a number of flavors, it is necessary to follow closely the directions as to weights and measurements. Carelessness in this may convert a delicious dish into one that is, at best, commonplace.

Many of the receipts have been furnished by ladies who have for years made a practice of collecting the rules for dishes that they have found especially attractive. The receipts marked "Dutch" are taken from the manuscript cook-book of my grandmother, dating from 1820. From this source such only have been selected as have been found to please American palates of the present day. To these have been added a few that are, as far as known, entirely original.

The intention has been to produce a book which, while affording a sufficient variety, shall be compact and suggestive, and adapted to the use of families of very moderate means, as well as of those who spend freely on the table.

The receipts credited to "First Principles" are reprinted by permission of Miss Parloa, and I desire to express my thanks for her courtesy in this matter. It is a pleasure to acknowledge the kind assistance of those who have contributed favorite receipts of their own, and have in other ways facilitated the work of preparation. Their help has enlarged the scope and variety of this collection and added materially to its value.



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## • • Soups. • •

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### SOUP STOCK.

Soup stock should always be made in a perfectly clean, closely-covered kettle. To every pound of meat and bone add one quart of cold water. Salt and pepper to taste. Be very careful that every bit is fresh, as the smallest tainted piece will ruin the flavor of the whole. Let it come very slowly to a boil; skim off every particle of scum as it rises, as, if this is allowed to cook, it, too, will spoil the flavor. Boil steadily, but slowly, allowing an hour for every pound of meat. Strain and set away to cool. When perfectly cold remove any fat that may be on it. It may be used at once or put away in a porcelain or earthen dish, as, in winter, it will keep a week or longer. As vegetables cooked in the stock cause it to spoil more quickly, put them in only as used. Cut off as much as is needed (it is now in the form of thick jelly), dissolve in hot water and add vegetables, maccaroni, celery, corn, toasted bread, whatever is necessary to make the kind of soup desired. To thicken use corn starch, flour, tapioca, rice or bread crumbs.

The secret of good soup is in many blended flavors, no one predominating. Herbs, spices, catsups, sauces, lemon juice, wine, and vegetables can be used, and this simple stock can be made into many delicious soups. In using wine, or catsups, or sauces put into the tureen



before you pour in the soup. To color soup caramel or burnt sugar is the best, as it adds flavor as well as color.

#### MIXED STOCK.

A mixed stock can be made by taking the trimmings of meat, bones, and tough pieces left from roasts, steaks, or chicken and turkey carcasses and trimmings. Add a quart of water to every two pounds of this meat and bones. Proceed in the same manner as with the other. For common soups, gravies, and sauces this stock is very good.

#### TO CLARIFY STOCK.

The best way to clarify stock is to have one pound of raw beef chopped fine and after the stock has been strained into the soup kettle add the chopped beef with the beaten whites of two eggs; heat very slowly and let it simmer for an hour and then strain.

#### STOCK FOR CLEAR SOUP.

This stock is made by putting in water one pound of beef from the lower part of the round for each quart of water and boiling slowly for several hours. When it first comes to a boil it should be skimmed and then set back on the stove where it will simmer gently. After seven or eight hours or more, if experience shows that to be desirable, strain and cool. When cold skim off the fat, and pour the remainder into the kettle. Some sediment will be found at the bottom and this must not go into the kettle. To season it add for each three pounds of meat used a small onion, a stalk of celery, half a dozen peppercorns, and a sprig each of parsley, thyme and summer savory, a leaf of sage, and

a leaf of thyme. Some prefer to slightly increase the quantity of seasoning. Boil fifteen minutes and add salt and pepper to taste. When strained it may be used at once as a clear soup or kept for several days as a foundation for other clear soups.

For bouillon follow the same rule except that a pint of water is used instead of a quart to each pound of meat.

#### AMBER SOUP.

(Live and Learn.)

Three pounds of beef (the lower part of the round is best), one fowl cut up and the bones cracked, one onion, a stalk of celery, six cloves, pepper and salt, cover with four quarts of water; let it boil very slowly for six hours. When it first begins to boil skim carefully. Strain the liquor into a bowl, and let it remain over night. In the morning remove the fat and put the jelly into the soup pot, taking care to avoid the settlings. Place it on the stove and when hot stir into it the beaten white of an egg, and boil quickly for a minute. Strain again, and add a tablespoonful of caramel for coloring. Swell two tablespoonfuls of sago for an hour, in cold water; then boil until it is clear, keeping enough water to it to prevent its hardening into a mass; then stir into the soup and serve.

#### CONSOMMÉ.

Put four pounds of lean beef and four pounds knuckle of veal in the soup kettle and pour over it five quarts of cold water; add a heaping tablespoonful of salt; set it on the fire where it will heat very slowly. As the scum rises skim very carefully, then

add a large carrot, half a turnip, one leek, a stalk of celery, a small bunch of parsley, two bay leaves, one onion, two cloves of garlic, half a dozen black peppercorns, a blade of mace, six cloves and half a lemon. Set the kettle where it will boil very slowly for six or eight hours. Then take the meat and vegetables out with a skimmer, strain the liquor through a colander and stand away till cold; then take all the fat from the top, return to the soup kettle and clear it by breaking two eggs, shell and all, into the consommé; let it boil ten minutes and then strain through an old napkin. It is then ready for use. The consommé may be colored any shade of brown by using caramel.

#### CHICKEN SOUPS.

Cut two chickens into small pieces, and with one half pound of ham and one quart of water boil until tender; then remove the breasts, add three quarts of boiling water and boil three hours. While the soup is boiling chop the breasts very fine. Rub the yolks of four hard boiled eggs to a paste, moisten with a little of the soup, add half a cupful of bread crumbs and the chopped meat. Make into balls. When the soup has boiled three hours, strain and skim off any fat. Season with pepper and salt, and add a cupful of chopped celery and the meat balls. Boil ten minutes, then pour in a pint of cream thickened with a little flour. Boil one minute, and serve.

Another chicken soup is made by boiling very slowly a chicken in enough stock to cover it, with one clove, a slice of onion and one of carrot. After it has simmered three hours take out the chicken, remove the white meat and pound it fine. Remove every particle