

A FEW CHOICE RECIPES

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A Few Choice Recipes by Sarah Lindsay

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SARAH LINDSAY

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CHOICE RECIPES**

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A FEW
Choice Recipes

COLLECTED BY
LADY SARAH LINDSAY



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RICHARD BENTLEY & SON, NEW BURLINGTON STREET
Publishers in Ordinary to Her Majesty the Queen
1883

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PREFACE.

HAVING COLLECTED, by permission, these Recipes from manuscript books of my family and friends (several given by epicures well known in former days), I can vouch for their being authentic. I have added one or two from 'Queen Anne's Royal Cookery Book,' which are quaint, and a few very excellent ones from 'Mrs. Hale's Recipes,' published in Philadelphia; also some entitled 'Eastern Cookery,' given by a lady. If my little work proves successful

in aiding the charity to which I intend to give the proceeds, I may feel encouraged to publish a collection of useful recipes of various kinds—some of them given to me in Canada a few years ago, which, from my own experience, I have found really valuable.

Samuel E. Lindsay

January 1883.

CHOICE RECIPES.

For making Cocoa from the Nibs.

(HON. MRS. ELIOT YORKE, SEN.)

Put four tablespoonfuls of the cocoa nibs into a stewpan of cold water (about a quart), and an egg-shell; let them simmer very gently for four hours. Then pass through a hair sieve into a separate basin. Put the nibs back into the stewpan with a quart more cold water, and let them simmer gently for three hours; then strain through the sieve, as before, to

the first quantity. Next morning let the cocoa boil gently for two hours before sending it up.

Be very particular to put the nibs into cold water, and let them simmer, not boil: boiling quickly, even five minutes, makes the colour brown, and extracts the bitter flavour of the nibs.

To make Chocolate.

(MRS. COSTELLO, OF CADIZ.)

The best chocolate is not sweet, being made entirely of cocoa: it is to inferior kinds that much sugar is put. 1 oz. or small square of a cake is used to a small coffee-cup of water or milk, and should be very well mixed.