

**LESSONS ON  
COOKERY, FOR HOME  
AND SCHOOL USE**

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Lessons on Cookery, for Home and School Use by Barbara Wallace Gothard

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**BARBARA WALLACE GOTHARD**

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Hughes's Educational Course.

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# LESSONS ON COOKERY,

*For Home and School Use.*

BY

BARBARA WALLACE GOTHARD,

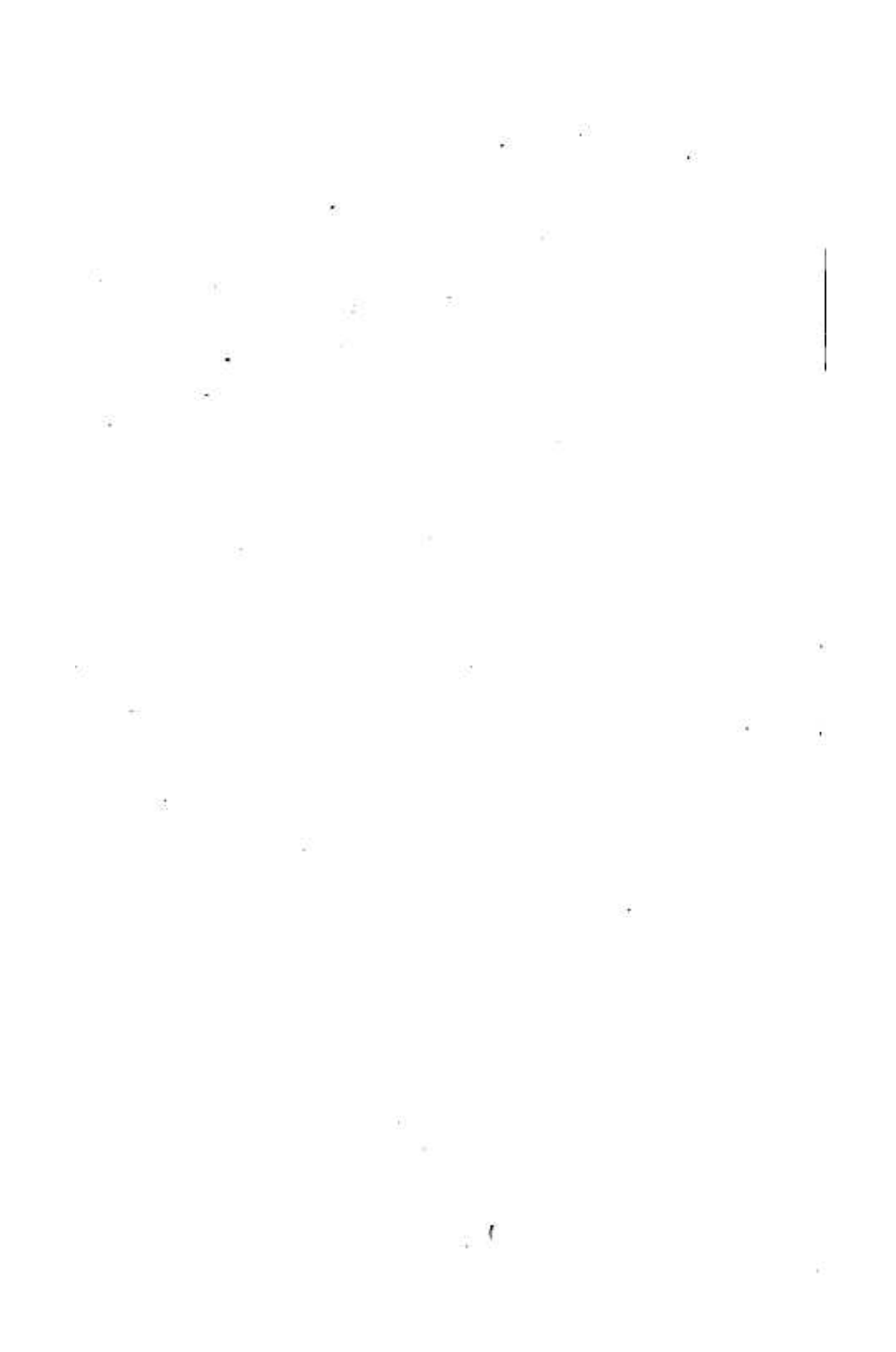
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## PREFACE.

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THOUGH primarily written for Teachers and Students of Cookery, this little manual will be found thoroughly adapted for ordinary domestic use.

Under the head "Artizan Cookery" are recipes suitable both for the cottage home and the tables of the middle classes.

A course of twelve lessons on "Upper-class Cookery," containing many original recipes, has also been added.

B. W. G.

SHOLING, HANTS,

*September, 1878.*





# LESSONS ON COOKERY.

## CHAPTER I.

### LESSON I.

**THE** cleanliness of the kitchen and of the apparatus used therein is truly the foundation of good cookery. It is therefore of the utmost consequence that students should open their course of training by acquiring an intimate knowledge of the various methods of cleaning the kitchen and its furnishings, not only theoretically, but practically if possible.

**To Clean Silver.**—This metal is usually cleaned with plate-powder applied with a piece of soft cloth, flannel, or a brush. After being moistened with water or spirit, it is then rubbed with a clean cloth and polished with a leather. Paraffin has also been used. The method is to take a piece of soft rag, drop on to it 2 or 3 (not more) drops of this mineral oil, rub the metal lightly and quickly till all stains are removed, then rub with a clean cloth of soft texture, and polish with a leather. This is particularly valuable for cleaning silver not required for immediate use: as stores of spoons, forks, silver candlesticks, &c. Paraffin acts like a varnish and preserves the silver from tarnishing.

**Copper and Brass** are best cleaned by the use of paraffin applied with flannel to the surface, and the addition of a little bathbrick or rottenstone, if very much stained. After rubbing well, polish with a soft cloth and a leather.

**Steel.**—Knives are cleaned by machinery or on a board either with knife-powder or bathbrick; the latter is most general. Fenders, &c., with turpentine and bathbrick, thus: scrape some of the bathbrick into an old saucer or plate, moisten it with a little turpentine, apply with flannel to the steel, rubbing vigorously; polish off with a soft cloth. In cases where steel has become very much rusted, brush over with paraffin once or twice, and rub with emery-paper; polish after as above described. Steel knives, dipped in paraffin and dried, may be kept from rusting by placing them in well-dried sawdust.

Should the handles of forks or knives become loose, they can easily be mended by mixing half a teaspoonful of finely powdered bathbrick dust, with one teaspoonful of powdered resin : fill the aperture in the handle, heat the portion of the knife or fork which is to be put into the handle to a red heat by holding it in the fire (by means of tongs or nippers), then force it well into the handle, and leave it to cool.

**Iron.**—Saucepans are cleaned with silver-sand and vinegar. Wash out the saucepan thoroughly with hot water and soda, then take a table-spoonful of silver-sand, throw it into the pot, add a few drops of vinegar sufficient to moisten the sand, take a piece of coarse flannel, scour the pot or saucepan well, rinse in clean warm water and wipe dry with a clean cloth. The inside of all saucepans may be treated in the same manner. If they are very dirty, boil several hours with a strong solution of common washing soda, then scour as before directed. Nothing is so highly injurious to the cause of cookery as *dirty* pots and pans. If the saucepans are copper, and tin-lined, clean the inside as above, and the outside as directed under the head of *Copper and Brass*.

**Tin** is cleaned with Spanish-white or whiting (*i.e.*, chalk pulverized after being freed from grit and stones), moistened with a little water, rubbed on the article with a piece of flannel, and when dry polished with a soft cloth. Paraffin and brick-dust can also be used.

**Pewter** is cleaned by putting the articles into a copper with sufficient water to cover them, 1 lb. of silver-sand to the gallon of water and  $\frac{1}{4}$  lb. of soda, then boil for half-an-hour (or longer if very dirty). They are then taken out, rinsed in two waters, wiped, and placed in front of the fire to dry. Or they can be cleaned by placing in a saucer some silver-sand, moisten it with oil of tartar, apply with a flannel or soft rag, polish with clean cloth. The first method is the best, safest and simplest, and the result is excellent.

**Britannia Metal** can be cleaned with either rottenstone pulverized and moistened with a little sweet oil or paraffin, or bathbrick and leather. (See "Steel.")

**Earthenware.**—Put 2 drops Spirit of Salt,\* into any earthenware lined saucepan (or other vessel), which may have become discoloured, add 1 tea-cupful of water, rinse the mixture well

\* Spirit of Salt is a poison, and must be carefully used, and the bottle plainly labelled and put out of juvenile reach.

round, either with an old scrubbing-brush or what is termed a "Tickler" *i.e.*, about 2 doz. pieces of heather or fine round whale-bone or cahair-broom tied together, and used for cleaning sauce-pans. Spirit of Salt also removes the fur or scales formed on the inside of kettles. Half-a-pint is poured into the kettle and emptied through the spout *into the drains, direct*; care being taken not to inhale any of the vapour which arises. The kettle is rinsed out twice, filled and put on to boil, the water after boiling is poured away, and the kettle is fit for use. This is a far better plan than sending the kettle to be scaled at a tin-shop, as it is liable in the latter process to be damaged.

In a scientific journal lately, a receipt was given for using dense petroleum for loosening the scale on boilers, water pipes, &c., and would no doubt be useful for coppers or boilers where the water is not required for the preparation of food. One quart is sufficient for a 125-gall. boiler, and is introduced with water. It is "boiled out," rinsed with a flush of cold water, and the boiler is then fit for use.

**Glass.**—Wash in cold water, wipe with a clean glass cloth, and polish. If the tumbler or glass dish is greasy, wash in lukewarm water with a little soda as large as a walnut, rinse in cold water, and wipe dry. Stands for table and centre dishes, with looking-glass or mirror reflectors, may be cleaned by putting gin on the surface, rubbing with a soft cloth till all stains and spots are removed, then shake over a little powdered blue, rub and polish with an old silk handkerchief or soft cloth.

**Sieves.**—Brass wire sieves are *highly objectionable*, the steel wire are preferable; to clean either, have a large tub full of hot soft water with a little soda; take a sieve-brush, or *very clean* scrubbing-brush, dip it into the hot water and rub a little soap over the surface; dip the brush into silver sand, take the sieve in the left hand, dip it into the hot water; now scrub the wire network, particularly round the edges, working out any particles that may have lodged between the woodwork and the wirework. Rinse in the hot water from time to time. Finish by putting the sieve under the tap. Let the water play on both sides to carry away loose sand, &c. Give the sieve some sharp light taps on the edge of the stone sink, wipe and place near (not too near) to the fire to dry.

**Hair Sieves** are washed as above; only *the sand is omitted*.

**TAMMY, SILK, AND LAWN SIEVES**, require brushes to be kept